



SWIMMING LESSONS

Winter/Spring Sessions:

Winter: January 9 - March 12
Regular: MBR: \$58.50, NM: \$117
Private: MBR: \$234, NM: \$468

Spring: March 20 - May 14
 Spring lesson registration will open Feb. 13.
Regular: MBR: \$52, NM: \$104
Private: MBR: \$208, NM: \$416

Private Lesson Sessions:

December 12-15
 March 13-16
 May 15-25
MBR: \$13/lesson
NM: \$26/lesson

Lesson Descriptions

Parent/Baby In this class, the parent learns how to properly hold their 6-18 month baby while working on floating, submerging, hand/eye coordination and muscle strengthening through games and songs.

Parent/Child Toddlers ages 19-35 months. This class teaches the parent how to work with their child on relaxed floating, gaining breath control for submerging, independent climbing out of pool and muscle strengthening.

Guppy Children 3 years old can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently.

Starfish In this level, encouragement and positive reinforcement will help swimmers become more skilled floating independently on their front and back as well as kicking across the pool on their back independently.

Froggie In this class, participants will build on their independent swimming ability by swimming further distances. Being able to transition from swimming on their front to their back with ease is one of the safety skills stressed.

Turtle Children in this class will build on previous levels by beginning to define swim strokes such as backstroke, front crawl and elementary backstroke.

Otter Swimmers in the Otter class will build endurance on the strokes learned in Turtle and they will learn dolphin kick, the timing of breaststroke, and will start to learn flip turns.

Seal Children in this class will progress by completing the butterfly and breaststroke. Endurance will be increased even more by working on being able to swim 300 yards continuously.

Shark These experienced swimmers will be able to swim multiple lengths of the pool in each of the competitive strokes: front crawl, backstroke, breaststroke and butterfly. Children will also be skilled in elementary backstroke, sidestroke and water safety.

Mon	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
9:30am				X								
10:00am			X									
10:30am		X	X	X								
4:00pm			X	X							small pool	
4:30pm			X	X						small pool	small pool	
5:00pm			X	X	X	X	X	X			X	
5:30pm	X		X	X	X	X		X			X	
6:00pm		X	X	X	X			X			X	
6:30pm					X	X	X	X		lap pool	lap pool	
7:00pm						X	X		X	lap pool	lap pool	X

Tues	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
4:00pm					X	X	X	X			lap pool	
4:30pm					X	X	X		X		lap pool	
5:00pm			X	X	X	X	X			X	X	
5:30pm	X		X	X	X	X		X			X	
6:00pm		X	X	X						small pool	small pool	
6:30pm	X		X	X						small pool	small pool	
7:00pm		X	X	X						small pool	small pool	

Wed	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
9:30am			X									
10:00am				X								
10:30am	X		X	X								
4:00pm			X	X							small pool	
4:30pm			X	X						small pool	small pool	
5:00pm			X	X	X	X	X	X			X	
5:30pm		X	X	X	X	X		X			X	
6:00pm	X		X	X	X			X			X	
6:30pm					X	X	X		X	lap pool	lap pool	
7:00pm					X			X		lap pool	lap pool	X

Thurs	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
4:00pm					X	X	X	X			lap pool	
4:30pm					X	X	X				lap pool	
5:00pm			X	X	X	X		X		X	X	
5:30pm		X	X	X				X	X		X	
6:00pm	X		X	X						small pool	small pool	
6:30pm		X	X	X						small pool	small pool	
7:00pm	X		X	X						small pool	small pool	

Sat	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
9:00am			X	X	X	X	X		X	X		
9:30am	X		X	X	X	X	X	X				
10:00am		X	X	X	X			X	X			
10:30am	X		X	X	X	X	X					
11:00am		X	X	X	X	X	X			X		
11:30am			X	X	X	X		X	X	X		

X: Offered in Both Pools SP: Offered in Small Pool Only LP: Offered in Large Pool Only

Swim Level Assessments Every Saturday from 12:00-12:30pm, YMCA Aquatics staff offer free swim level assessments for swimmers who are unsure of which level to register for.



Questions? Contact Britt Selbo, Aquatics Director, at britt.selbo@ymcacasclay.org or 701.364.4167. www.ymcacasclay.org/swimschool