

# SWIMMING LESSONS



## 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
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x	x			x	
4:30pm			x	x	x	x	x				x	
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	x	
6:30pm					x	x		x	x		x	x

Tues	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x	x	x		x	
4:30pm			x	x	x	x	x	x			x	
5:00pm			x	x	x	x	x				x	
5:30pm			x	x		x	x	x		x	x	
6:00pm		x	x	x	x		x		x	x	x	
6:30pm	x		x	x	x	x		x			x	

Wed	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x	x			x	
4:30pm			x	x	x	x	x				x	
5:00pm			x	x	x	x	x				x	
5:30pm	x		x	x	x	x		x	x		x	
6:00pm		x	x	x						x	x	

Thurs	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		x	
4:00pm			x	x	x	x	x		x		x	
4:30pm			x	x	x	x	x	x			x	
5:00pm	x		x	x	x	x	x				x	
5:30pm		x	x	x		x	x	x			x	

## Summer Sessions:

**June 5 - August 17**

(11 weeks - No class July 3-4)

**Regular: MBR: \$77 NM: \$154**

**Private: MBR: \$308, NM: \$616**

Y Swim School Classes are held once a week for 30 minutes. Families that want to swim more than once a week are encouraged to do so by signing up for another lesson day.

## Summer Swim Camps

Two week sessions - Mon-Thurs. Camp is only available those times/days listed as 'camp'. Participants will be in the same level, the same time each day for two weeks in the session of choice.

**Camp #1:** June 5-15      **Camp #4:** July 24-Aug 3

**Camp #2\*:** June 19-29      **Camp #5:** Aug 7-17

**Camp #3\*:** July 10-20

**Summer Camps: MBR: \$56, NM: \$112**

**\*Summer Swim Camps are now offered in Barnesville at Eagle Lake!** Morning classes available. Visit us online for schedule information. **Cost: \$70**

**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.

## Half-Priced Private Lessons

**May 15-18 | 5-7:00pm** Get your child ready for summer! Sign up for lessons individually in any level and register for as many as you want!

**MBR: \$14/lesson, NM: \$28/lesson**



**Questions?** Contact Britt Selbo, Aquatics Director, at [britt.selbo@ymcassclay.org](mailto:britt.selbo@ymcassclay.org) or 701.364.4167.

[ymcassclay.org/swimschool](http://ymcassclay.org/swimschool)