



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS



The Y is committed to providing children of all skill levels opportunities to experience the fun and health benefits of swimming. All classes are led through a nationally certified curriculum and are under lifeguard supervision.

Water Discovery & Exploration

Parent/Child Swim Lessons

Accompanied by a parent or caregiver, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Swim Basics for Preschool, School Age and Teens

Stage Descriptions:

1 / Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 / Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3 / Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Swim Strokes for Preschool, School Age and Teens

Stage Descriptions:

4 / Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 / Stroke Development Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

6 / Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

See back for pricing and schedules.

For more information and to register visit us at www.theYonline.org or call 503-399-2783.

Summer 2017 Swim Lessons

Water Discovery & Exploration

- Ages 6 months to 3 years, parent or caregiver in the pool with child
- 5 Week Session Times: \$30 / Member, \$55 / Non-Member
 - ◇ Monday & Wednesday 8:45am-9:15am
 - ◇ Tuesday & Thursday 11:15am-11:45am **OR** 5:45PM-6:15pm
- 8 Week Session Times: \$25 / Member, \$50 / Non-Member
 - ◇ Saturday 9:30-10:00am **OR** 11:15am-11:45am

Pre-School: Beginners Age 3-5 years

Swim Basics: Levels 1-3

- 2 Week Session Times:
 - ◇ Mon/Wed/Fri 9:15am-9:45am, \$30 / Member, \$45 / Non-Member
 - ◇ Mon/Tue/Wed/Thurs 1:00pm-1:30pm, \$37 / Member, \$57 / Non-Member
- 5 Week Session Times: \$45 / Member, \$69 / Non-Member
 - ◇ Monday & Wednesday 5:15pm-5:45pm
 - ◇ Tuesday & Thursday 10:00am-10:30am **OR** 4:30pm-5:00pm **OR** 6:30pm-7:00pm
- 8 Week Session Times: \$40 / Member, \$65 / Non-Member
 - ◇ Saturday 10:45am-11:15am
 - ◇ Sunday (**Levels 1 & 2 ONLY**) 2:00pm-2:30pm

School Age: Beginners Age 6-14 years

Swim Basics: Levels 1-3

- 2 Week Session Times:
 - ◇ Mon/Wed/Fri 9:45am-10:30am, \$30 / Member, \$45 / Non-Member
 - ◇ Mon/Tue/Wed/Thurs 1:30pm-2:15pm, \$37 / Member, \$57 / Non-Member
- 5 Week Session Times: \$45 / Member, \$69 / Non-Member
 - ◇ Monday & Wednesday 4:30pm-5:15pm
 - ◇ Tuesday & Thursday 10:30am-11:15am **OR** 5:00pm-5:45pm **OR** 7:00pm-7:45pm
- 8 Week Session Times: \$40 / Member, \$65 / Non-Member
 - ◇ Saturday 10:00am-10:45am
 - ◇ Sunday 1:15-2:00pm

Advanced Swimmers All Ages up to 14 years

Swim Strokes: Levels 4-6 (must pass Swim Basics before registering for Swim Strokes)

- 2 Week Session Times:
 - ◇ Mon/Wed/Fri 10:00 am-10:45 am, \$30 / Member, \$45 / Non-Member
 - ◇ Mon/Tue/Wed/Thurs 1:30pm-2:15pm, \$37 / Member, \$57 / Non-Member
- 5 Week Session Times: \$45 / Member, \$69 / Non-Member
 - ◇ Tuesday & Thursday 10:30-11:15am **OR** 5:00pm-5:45pm **OR** 7:00-7:45pm
- 8 Week Session Times: \$40 / Member, \$65 / Non-Member
 - ◇ Saturday 10:00am-10:45am

2 Week Session Dates:*

June 26-July 7* (Registration Starts May 31)
July 10-July 21 (Registration Starts June 28)
July 24-August 4 (Registration Starts July 12)
August 7-18 (Registration Starts July 26)
August 21-September 1 (Registration Starts August 9)

5 Week Session Dates:*

June 26-July 27* (Registration Starts May 31)
July 31-August 31 (Registration Starts July 19)

8 Week Session Dates:

July 8-August 27 (Registration Starts June 1)

***NO LESSONS JULY 1st-4th!**