



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS: Winter 1, 2025

**Monday, January 5th—
Saturday, February 21st.**

Registration Opens:

Members: Monday, December 15th

General Public: Wednesday, December 17th

No Class: Wednesday January 14th, MVHS Home Meet,

Monday January 19th, Monday February 16th

CHECK CLASS TIMES AS SOME HAVE CHANGED

PARENT & CHILD LESSONS (ratio 1:10)

Fee: 7 weeks: Member \$154 General Public \$189

WATER DISCOVERY/ACCLIMATION

for children 6months-3years

Introduces parents, infants & toddlers to the aquatic environment through exploration & encourages them to enjoy while learning about the water. Together learn to develop comfort and safety in and around the water. Lays the foundation that allows for student's future progress in swimming.

Friday: 9:30am-10:00am

Saturday: 9:00-9:30am

NEW SINGLE DAY DROP IN OPTION!

Members \$25 Public \$30

PRESCHOOL/KINDERGARTEN

For children ages 3-6

Fee: Tues & Thurs: 7 weeks: Member \$154 Public \$189

Mon: 5 weeks \$110 / \$135 Wed: 6 weeks \$132 / \$162

1 WATER ACCLIMATION (ratio 1:4) Students develop comfort with underwater exploration. Lays the foundation that allows for student's future progress.

Monday 3:30-4:00pm **Tuesday** 4:05-4:35pm

Thursday 4:05-4:35pm

Saturday 9:30-10:00am

2 WATER MOVEMENT (ratio 1:4) Focus on body position & control, directional change, & forward movement while also continuing water safety education.

Monday 4:40-5:10pm **Tuesday** 3:30-4:00pm

Wednesday 4:35-5:05

Saturday 10:05-10:35am

3 WATER STAMINA (ratio 1:5) Learn how to swim safely for a longer distance. Introduces rhythmic breathing & integrated arm and leg action.

Monday 4:05-4:35pm **Tuesday** 4:40-5:10pm

Wednesday 5:10-5:40pm **Thursday** 4:40-5:10pm

4 STROKE INTRODUCTION (ratio 1:5) Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

Monday 3:30-4pm **Tuesday** 4:20-4:50pm

Wednesday 4:00-4:30pm **Thursday** 3:30-4:00pm



Online Sign Up Strongly Encouraged

Please go to ymcamv.org/swim-lessons to register.

*Financial Assistance is available!

Email Mo Harris with questions: mharris@ymcamv.org

SCHOOL AGE

45 minute class; ages 6-12

Fee: Tues and Thurs: 7 weeks Member \$154 Public \$189

Mon: 5 weeks \$110 / \$135 Wed: 6 Weeks \$132 / \$162

1 WATER ACCLIMATION (ratio 1:5) **BEGINNER SCHOOL AGED SWIMMERS.** Best suited for kids who have no prior swim experience and are completely new to swimming.

Tuesday 3:30-4:15

Thursday 4:20-5:05

2/3 WATER MOVEMENT & STAMINA (ratio 1:5) (ratio 1:6) Focus on body position & control, directional change & forward movement while also continuing water safety education. Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.

Monday 4:05-4:55pm

Wednesday 4-4:45pm

Thursday 3:30-4:15pm

4 STROKE INTRODUCTION (ratio 1:5)

Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick.

Water safety is reinforced through treading water & elementary backstroke. Instructor will teach from deck as much as possible.

Monday 4:55-5:40pm

Wednesday 4:50-5:35pm

Saturday 10:30-11:15AMNew Class**

5 STROKE DEVELOPMENT (ratio 1:6)

Work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & sidestroke. Instructor will teach from deck as much as possible.

Tuesday 4:55-5:50pm

Thursday 5:10-5:55pm

Saturday 11:20-12:05 New Class**
OR JOIN MAKOS SWIM TEAM!