



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STRONG SWIMMERS CONFIDENT KIDS

Youth Swim Lessons – Winter 2022

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids!

If you are not sure what level you should sign your child up for, our "Lesson Selector" is available at the Member Services desk of the Y or online at

<https://www.acymca.org/sites/default/files/Swim%20Lesson%20Selector%20Guide.pdf>

Preschool classes are for children 3-5, youth lessons are for children age 6-12. Levels from our "Lesson Selector" are the same, this just helps us keep swimmers around the same age together.

Parent / Child Classes – children in these classes should be at least 6 months old up to 36 months old. This class is a great introduction to water orientation. Children will become comfortable moving through water and become acquainted with working with an instructor independently.

Day	Times	Class Level	Dates
Monday/Wednesday	6:00 pm - 6:30 pm 6:30 pm - 7:00 pm	Level 2 (Youth) Level 3 & 4 (Youth)	01/10-02/02
Tuesday/Thursday	6:00 pm - 6:30 pm 6:30 pm - 7:00 pm	Level 1 (Youth) Level 1 (Preschool)	01/11-02/03
Saturdays	10:00 am - 10:30 am	Parent / Child *	01/08-02/26
Saturdays	10:40 am - 11:10 am	Level 1 & 2 (Preschool & Youth)	01/08-02/26
Saturdays	11:20 am-11:50 am	Level 3 & 4	01/08-02/26

Preschool is ages 3-5, Youth is ages 6-12

Fees for eight (30 minute) lessons:

Y Members: \$80

Program Participants: \$95

(See reverse for additional information)

Here's what you need to know:

- Please arrive no earlier than 5 minutes prior to the start of your class.
- Swimmers should come in their swim suit and leave in their swim suit if possible. Remember to bring a towel!
- Viewing lessons from the upstairs windows or from the outdoor pool deck is acceptable. In order to maintain a safe distance from our staff and participant's we ask that you not view lessons from the pool deck itself.
- Goggles and facemask (full coverage snorkel type "goggles") are discouraged during swim lessons. If goggles are necessary, please discuss the reasons why with your instructor.
- Please only come to class if your swimmer is 100% healthy. If they are feeling even a little "under the weather," stay home. If your swimmer or anyone in your house is showing signs of illness, DO NOT COME TO SWIM CLASS.
- The Parent / Child class requires an adult 16 years of age or older to accompany the child in the water. Swim diapers are necessary for children who are not toilet trained.

Other important information:

- Make-up classes are not offered for lessons missed.
- Make-up classes for lessons canceled by the Y are not guaranteed.
- Any requests for refunds must be made 2 weeks prior to the start of the session.
- If you register your child incorrectly we will make every effort to move your child to the correct level if space is available.
- Refunds/credit may be unavailable for incorrect placement. Be sure to read the swim lesson selector document prior to registering for a class.

Registration is available on line at www.acymca.org/programs

Registration may close five days prior to the first day of class so register early!

If you have any questions please contact our Aquatics Director Alexa at alexa@acymca.org