



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

## Youth Swim Lessons – Winter / Spring 2020

Through YMCA Swim Lessons, children build their self-confidence by learning the necessary skills to be safe in and around the water. We use a progressive style of teaching, where your child will advance through the program at their rate of development. At the Y, we believe swimming is a life skill as well as great exercise for all ages.

### Swim Lesson Program Highlights:

#### *Simple and easy to follow*

- Step by step approach – Each Level builds off skills learned in previous levels

#### *Flexible*

- Better swimmer to coach ratios
- Immediate Advancement – Once a swimmer completes the skills at their level, they will immediately begin working on the next level skills

#### *Goal-Oriented and Technique Driven*

- Created by swim coaches – teaching the proper and most efficient ways to swim.

Our lessons are taught by instructors trained to expect the best of every child. These include experienced teachers, competitive coaches and swimmers from the YBAC Swim Team. From Beginners to Olympians we have a program that fits your needs!

## PLEASE SEE REVERSE SIDE FOR SESSION DATES AND REGISTRATION INFORMATION

A session includes 8 classes, each 30 minutes in duration. Mini-sessions are also available, and are prorated accordingly.

- 8-Session Fee: \$35 for Y Members & \$65 for Program Participants
- Mini-Sessions (6 classes): \$26 for Y Members & \$49 for Program Participants

Registration is now available online on our website at [www.acymca.org/programs](http://www.acymca.org/programs).  
For more information, please email Solaris Anderson at [swim.lessons@acymca.org](mailto:swim.lessons@acymca.org).

# 2020 Winter/Spring Swim Lesson Sessions

\*Registration may close 5 days prior to first day of class so register early\*

## LESSON TIMES:

### Saturdays (January 4<sup>th</sup>-February 8<sup>th</sup>, February 15<sup>th</sup>-April 4<sup>th</sup>, and April 25<sup>th</sup>-June 13<sup>th</sup>):

- Parent/Child Lessons (6 months-36 months), 10:15-10:45 a.m.
- Preschool Lessons (2-4 years old), 10:50-11:20 a.m.
- School Age Group Lessons (5-14 years old), 11:30-12:00 p.m.

### Sundays (January 5<sup>th</sup>-February 9<sup>th</sup>, February 16<sup>th</sup>-April 5<sup>th</sup>, and April 26<sup>th</sup>-June 14<sup>th</sup>):

- School Age Group Lessons (5-14 years old), 2:00-2:30 p.m.
- Preschool Lessons (2-4 years old), 2:35-3:05 p.m.

### Weekdays (2 nights per week):

- January 6<sup>th</sup>-23<sup>rd</sup> (6 classes)
- January 27<sup>th</sup>-February 20<sup>th</sup>
- February 24<sup>th</sup>-March 19<sup>th</sup>
- March 23<sup>rd</sup>-April 16<sup>th</sup>
- April 20<sup>th</sup>-May 14<sup>th</sup>
- May 18<sup>th</sup>-June 11<sup>th</sup>
- Youth Group Lessons (3-14 years old):
  - Mon & Wed OR Tues & Thurs from 6:20-6:50 p.m.

### Can't make the 2x week classes? Sign up for our 1 day a week classes, same night for 8 weeks!

- These classes run Monday, Tuesday, Wednesday and Thursday 6:20 – 6:50 for 8 weeks.
- This option is only available from Jan. 21<sup>st</sup> to Mar 14<sup>th</sup> or Apr. 22<sup>nd</sup> – June 13<sup>th</sup>

**REFUND POLICY:** A required form requesting a Refund or Credit (available at the Member Services Desk) must be submitted to the Aquatics Director two weeks prior to the beginning of the class in order to receive a refund.

**MAKE-UP DAYS:** After the 2nd cancellation due to weather, a make-up day will be scheduled. Make-up days will not be scheduled for individuals who miss a class.

We also offer swim lessons for Adults, as well as Private and Semi-Private Lessons (Build Your Own) for all ages. For more information, please see our front desk.

## YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.