



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

**Flushing YMCA  
Swim Lesson Schedule  
Session 6 2019  
October 28th – December 22nd**

All swimmers must wear a bathing cap

No one may enter the pool area without an authorized and certified lifeguard on duty

No Photos or Videos are permitted

Refund will be issued 24 hours before first class or if the Y cancels class

Credits will be issued for class missed for medical reason with a doctor's note, before the last class of session

All credits will be good for one year ONLY

Cancelled classes will be issued a refund or credit as deemed appropriate

The YMCA reserves the right to cancel classes due to low enrollment

A swim diaper with plastic elastic around legs are required for children who are not toilet-trained

**Evaluations**

Evaluations are required prior to registration for ALL new participants in Preschool & Youth programs and those who did NOT participate in previous session.

Evaluations occur weekdays from 3pm - 4pm and weekends by appointment with the aquatics department

## Parent and Child Lessons : \$ 108 - Members / \$ 160 - Non-members

### Stage A: Water Discovery

Stage A introduces infants and toddlers to the aquatic environment

Ages: 6 months -18 months with parent

Saturday 11:00a - 11:30a

Ages: 18 months - 36 months with parent

Sunday 11:35a - 12:05p

### Stage B: Water Exploration

Stage B works with parents and their children to learn fundamental safety and aquatic skills

Ages: 6 months -36 months with parent

Saturday 11:35a - 12:05p

### Stage 1: Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit the pool

Ages: 3 - 5 years with parent

Sunday 11:00a - 11:30a

## Preschool Lessons : \$ 108 - Members / \$ 160 - Non-members

### Stage 1: Water Acclimation

Ages 3 - 5 years

Students develop comfort with underwater exploration and learn to safely exit the pool

### Stage 2: Water Movement

Ages 3 - 5 years

Students focus on body position and control, directional change and forward movement in the water

### Stage 3: Water Stamina

Ages 3 - 5 years

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg actions are introduced

### Stage 4: Stroke Introduction

Ages 3 - 5 years

Students develop stroke technique in front crawl and back crawl. In addition learn breaststroke kick and butterfly kick

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stage 1	9:35a - 10:05a	5:25p - 5:55p	5:25p - 5:55p	5:25p - 5:55p	5:25p - 5:55p		10:25a - 10:55a
	11:00a - 11:30a						12:05p - 12:35p
Stage 2	11:35a - 12:05p	5:25p - 5:55p		5:25p - 5:55p		5:40p - 6:10p	9:50a - 10:20a
	1:00p - 1:30p						11:30a - 12:00p
Stage 3	9:00a - 9:30a			6:00p - 6:30p			10:40a - 11:10a
Stage 4	1:35p - 2:05p						

## Youth Lessons : \$130 - Members / \$210 - Non-members

### Stage 1: Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit the pool

### Stage 3: Water Stamina

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg actions are introduced

### Stage 5: Stroke Development

Students work on stroke technique and learn all major competitive strokes

### Stage 2: Water Movement

Students focus on body position and control, directional change and forward movement in the water

### Stage 4: Stroke Introduction

Students develop stroke technique in front crawl and back crawl. In addition learn breaststroke kick and butterfly kick

### Stage 6: Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competition swimming, and discover how to incorporate swimming into a healthy lifestyle

#### Ages 5 - 8 Years

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Stage 1	10:10a - 10:55a	4:35p - 5:20p 6:00p - 6:45p	6:15p - 7:00p	4:35p - 5:20p	5:25p - 6:10p	5:10p - 5:55p	9:50a - 10:35a 12:10p - 12:55p
Stage 2	9:20a - 10:05a	6:00p - 6:45p	6:00p - 6:45p	4:35p - 5:20p	4:35p - 5:20p 6:00p - 6:45p	6:15p - 7:00p	9:00a - 9:45a 11:50a - 12:35p
Stage 3	11:35a - 12:20p	4:35p - 5:20p	4:35p - 5:20p	6:50p - 7:35p		4:20p - 5:05p	9:00a - 9:45a 11:00a - 11:45a
Stage 4	11:30a - 12:15p			7:30p - 8:15p			11:30a - 12:15p
Stage 5							10:40a - 11:25a
Stage 6							9:00a - 9:45a

#### Ages 8 - 12 Years

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Stage 1	12:10p - 12:55p		4:35p - 5:20p	6:35p - 7:20p	4:35p - 5:20p	6:00p - 6:45p	1:00p - 1:45p
Stage 2	12:10p - 12:55p	6:50p - 7:35p	5:25p - 6:10p				9:50a - 10:35a 10:40a - 11:25a
Stage 3	10:10a - 10:55a	6:50p - 7:35p		6:00p - 6:45p		4:50p - 5:35p	10:10a - 10:55a 12:40p - 1:25p
Stage 4	9:50a - 10:35a 12:20p - 1:05p		7:25p - 8:10p		7:25p - 8:10p	4:00p - 4:45p	9:50a - 10:35a 10:40a - 11:25a 5:15p - 6:00p
Stage 5	10:40a - 11:25a	7:30p - 8:15p			6:35p - 7:20p	4:50p - 5:35p	9:00a - 9:45a 11:30a - 12:15p
Stage 6	1:10p - 1:55p		6:35p - 7:20p			4:00p - 4:45p	9:50a - 10:35a 12:20p - 1:05p

## **Youth Lessons : \$130 – Members / \$210 – Non-members**

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### **Skills & Drills**

In this class we build stamina and improve mastery of the four competitive strokes: front crawl, backstroke, breaststroke and butterfly. We offer a variety of workouts and drills with an instructor on deck. The lanes vary by the swimmers' ability and speed. Skills and Drills is not a "learn to swim" program, but we do offer the opportunity for participants to receive instruction on technique.

Ages: 8 – 12 years

Saturday 12:20p – 1:05p

Saturday 12:20p – 1:05p

Sunday 1:10p – 1:55p

## **Teen and Adult Lessons: \$130 – Members / \$210 – Non-members**

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### **Stage 1: Water Acclimation**

Students develop comfort with underwater exploration and learn to safely exit the pool

Ages: 12 – 17 years

Thursday 6:15p – 7:00p

Ages: 18+ Years

Sunday 8:45a – 9:30a

Wednesday 8:15p – 9:00p

Friday 11:05a – 11:50a

### **Stage 3: Water Stamina**

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg actions are introduced

Ages: 12 – 17 years

Thursday 6:50p – 7:35p

Ages: 18+ Years

Sunday 9:35a – 10:20a

### **Stage 5: Stroke Development**

Students work on stroke technique and learn all major competitive strokes

Ages: 12 – 17 years

Wednesday 8:15p – 9:00p

Ages: 18+ Years

Sunday 10:30a – 11:15a

Sunday 11:25a – 12:10a

For more information please contact:

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