



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

**Flushing YMCA
Swim Lesson Schedule
Session 1 2020
January 2nd - February 23rd**

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 : \$ 114 - Members / \$ 175 - 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 : \$ 114 - Members / \$ 175 - Non-members

Stage 1: Water Acclimation

Ages 3 - 5 years

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

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 2: Water Movement

Ages 3 - 5 years

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

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	4:50p - 5:20p	5:25p - 5:55p	5:25p - 5:55p	6:00p - 6:30p	4:50p - 5:20p	9:00a - 9:30a
	1:00p - 1:30p						12:55p - 1:25p
Stage 2	11:00a - 11:30a	5:25p - 5:55p	4:35p - 5:05p	4:50p - 5:20p			10:25a - 10:55a
	11:35a - 12:05p						11:30a - 12:00p
Stage 3	9:00a - 9:30a				4:35p - 5:05p		10:40a - 11:10a
Stage 4	1:35p - 2:05p						

Youth Lessons : \$136 - Members / \$225 - 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	4:00p - 4:45p	6:00p - 6:45p	4:00p - 4:45p	4:35p - 5:20p	6:15p - 7:00p	9:35a - 10:20a
Stage 2	9:20a - 10:05a	6:30p - 7:15p	6:00p - 6:45p	6:05p - 6:50p	5:10p - 5:55p	4:00p - 4:45p	10:40a - 11:25a
Stage 3	12:10p - 12:55p	4:00p - 4:45p		4:50p - 5:35p	5:25p - 6:10p	4:50p - 5:35p	9:00a - 9:45a 1:00p - 1:45p
Stage 4	11:30a - 12:15p	6:35p - 7:20p					9:50a - 10:35a
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	6:05p - 6:50p	4:35p - 5:20p			4:00p - 4:45p	12:05p - 12:55p
Stage 2	11:35p - 12:20p	4:50p - 5:35p		4:00p - 4:45p	6:15p - 7:00p	5:25p - 6:10p	9:50a - 10:35a 11:15a - 12:00a
Stage 3	10:10 - 10:55a	5:40p - 6:25p	5:10p - 5:55p	5:40p - 6:25p		5:40p - 6:25p	9:50a - 10:35a 12:10p - 12:55p
Stage 4	9:50a - 10:35a 12:20p - 1:05p		6:35p - 7:20p	6:35p - 7:20p		5:00p - 5:45p	10:40a - 11:25a 11:30a - 12:15p 5:15p - 6:00p
Stage 5	10:40a - 11:25a		7:25p - 8:10p		7:25p - 8:10p		9:00a - 9:45a 11:30a - 12:15p
Stage 6	1:10p - 1:55p	7:25p - 8:10p				4:10p - 4:55p	9:50a - 10:35a 12:20p - 1:05p

Youth Lessons : \$136 – Members / \$225 – Non-members

Aquatics Conditioning

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. Aquatics conditioning 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: \$136 – Members / \$225 – Non-members

Stage 1: Water Acclimation

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

Ages: 12 – 17 years

Thursday 6:35p – 7:20p

Ages: 18+ Years

Sunday 8:45a – 9:30a

Wednesday 6:30p – 7:15p

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 6:35p – 7:20p

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 7:25p – 8:10p

Ages: 18+ Years

Sunday 10:30a – 11:15a

Sunday 11:25a – 12:10p

For more information please contact:

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