



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONG SWIMMERS CONFIDENT KIDS

DATES

Session 1: June 2 - July 20

Session 2: July 21 - Sept 7

Sign up for both Summer Sessions and receive a
BONUS lesson FREE the week of Sept. 8 - 14!

SWIM LESSONS

Stateline Family YMCA - Ironworks Branch
501 Third St
Beloit, WI 53511

FOR MORE INFORMATION

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Parent/Child Swim Lessons

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Lessons are 30 minutes. Swim diapers are required for non-potty trained children.

Parent/Child 1: Water Discovery

Class offered: Saturdays 9:00 AM and 10:20 AM

Parent/Child 2: Water Exploration

Class offered: Saturdays 9:40 AM

Parent/Child 1 & 2 Combined Class

Class offered: Thursdays 10:30 AM

Cost: Member: \$35 Non-Member: \$70

Preschool Age Swim Lessons

Students will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit - and jump, push, turn, grab. Children will be placed in classes based on their abilities. Lessons are 30 minutes.

Preschool Class Offering Days and Times:

Mondays: 4:00 PM

Tuesdays: 10:30 AM, 4:30 PM, 5:50 PM

Wednesdays: 4:00 PM

Thursdays: 4:30 PM, 5:50 PM

Saturdays: 9:00 AM, 10:20 AM

Sundays: 11:45 AM

Cost: Member: \$35 Non-Member: \$70

School Age Swim Lessons

Our lesson program is made up of six levels of swimming and water safety instruction. In our beginning levels students will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim sequencing and jump, push, turn, grab.

In our more advanced levels students will learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Children will be placed into levels based upon their abilities. Lessons are 40 minutes.

School Age Class Offering Days and Times:

Mondays: 4:35 PM

Tuesdays: 5:05 PM, 6:25 PM

Wednesdays: 4:35 PM

Thursdays: 5:05 PM, 6:25 PM

Saturdays: 9:35 AM

Sundays: 11:00 AM

Cost: Member: \$49 Non-Member: \$84

Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe in and around water and learn skills they need to make swimming a lifelong pursuit for staying healthy.

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.