



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Strong Swimmers, Confident Kids Swim Lessons



Winter & Spring Swim Lesson Options:

Now offering:

We are now offering Bundle Options for swim lesson sign up. Bundle Options will receive swim lessons at a discounted fee. Participants who sign up any of the Bundle Options will receive a Free YMCA Water Bottle!

Bundle Options are non-refundable!

Bundle option 1: Winter Session 1 & 2 and Spring Session 1

Bundle Option 2: Winter Session 1 & 2

Bundle Option 3: Winter Session 1 and Spring Session 1

Bundle Option 4: Winter Session 2 and Spring Session 1

Preschool Lesson Bundle Prices:

Option 1:

Member: \$100

Non Member: \$205

Option 2, 3 or 4:

Member: \$70

Non Member: \$140

Youth Bundle Prices:

Option 1:

Member: \$115

Non Member: \$220

Option 2, 3, or 4:

Member: \$80

Non Member: \$150

**Excludes Wavemakers at this time

Winter Swim Lesson Session Dates:

Session 1: January 5 - February 22

Session 2: February 23 - April 12

Spring Session Swim Lesson Dates:

Session 1: April 13 - May 31

Preschool Lesson Prices per Session:

Member: \$40 per session

Non Member: \$75 per session

Youth Lesson Prices per Session:

Member: \$50 per session

Non Member: \$85 per session

Sign up for Bundle Option 1 by December 21 and receive a pair of goggles & a YMCA water bottle!

Sign up for Bundle Option 2 or 3 by December 21 and receive a YMCA water bottle!

Sign up for Bundle Option 4 by January 18 and receive a YMCA water bottle!

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. Lesson are 30 minutes. Swim diapers are required for non-potty trained children.

Classes are for ages 6 months - 3 years

Parent/Child 1: Water Discovery

Class offered: Saturdays 9:00 a.m. & 10:20 a.m.

Parent/Child 2: Water Exploration

Class offered: Saturdays 9:40 a.m.

Parent/Child 1 & 2 Combined Class

Class offered: Thursdays 10:00 a.m.



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, develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Children will be placed not levels based upon their abilities. Lessons are 40 minutes.

Classes are for ages 6 - 12

School Age Class Offering Days and Times:

Mondays: 5:05 p.m.

Tuesdays: 5:05 p.m., 6:25 p.m.

Wednesdays: 5:05 p.m.

Thursdays: 5:05 p.m., 6:25 p.m.

Saturdays: 9:35 a.m.

Sundays: 11:00 a.m.

Preschool 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.

Classes are for ages 3 - 5

Preschool Class Offering Days and Times:

Mondays: 4:30 p.m.

Tuesdays: 10:30 a.m., 4:30 p.m., 5:50 p.m.

Wednesdays: 4:30 p.m.

Thursdays: 4:30 p.m., 5:50 p.m.

Saturdays: 9:00 a.m., 10:20 a.m.

Sundays: 11:45 a.m.



Wavemakers Pre-Team

Not sure if you are ready to join an area swim team? This is a great opportunity for children to continue their development through group workouts led by an on deck coach. Swimmers will get a glimpse of swim team environment while maintaining their swimming fitness level between seasons or for those who want a fun experience staying active and fit.

Prerequisite: Level 6 or Instructor Approval

This group meets 2 times a week.

Wavemakers Days and Times:

Tuesday and Thursdays: 5:00 p.m.

Wavemakers Fees:

Member: \$75

Non-Member: \$115

Wavemakers Winter Session Dates:

January 8 - January 31

February 5 - February 28

March 3 - March 28

April 2 - April 25

April 30 - May 23