

statelineymca.org/aquatics



STATELINE FAMILY YMCA AQUATICS GUIDE

SEPT. 2025 - APR. 2026



WE HAVE ALL THE FUN!

For the past 120 years, Y's have offered swim lessons to the community. We have always been driven to be on the cutting edge of swim instructing; our lessons are designed to challenge, motivate, and provide focus on water safety and proper swimming technique.

A few benefits of Our Lesson Program are:

- Knowledgeable and trained swim instructors
- Small Class Size (Mini Splashers and Splash Masters Levels)

WHAT MAKES OUR PROGRAM DIFFERENT?

The goal of the YMCA swim lesson program is to develop the whole person – spiritually, mentally, and physically. Our teaching methods focus primarily on student-centered learning, increasing awareness of water safety, and assisting participants in perfecting skills to the best of their ability. The goal is to create a life-long interest in aquatic activities and promote a healthy lifestyle.

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Questions? Contact Kim at kwaite@statelineymca.org.



STAGE DESCRIPTIONS

SWIM STARTERS

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.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students 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
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students 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.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

SOMETHING FOR EVERYONE.



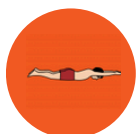
PARENT/CHILD SWIM LESSONS

Our Parent/Child Lessons are instructor led lessons where both the parent and the child are in the water. These lessons are intended for ages 6 months - 3 years. We offer 2 different Stages for these classes: Parent/Child A and Parent/Child B. Classes meet once a week. Each lesson is 30 minutes. Space is limited.



MINI SPLASHERS

Our lessons for Mini Splashers are instructor led lessons for children 3 - 5 years in age. Our Mini Splashers lessons consist of 4 levels. We like to keep our class sizes small and offer a no more than 5 students to 1 teacher ratio. Classes will meet once a week. Each lesson will be 30 minutes.



SPLASH MASTERS

Our lessons for Splash Masters are instructor led lessons for those ages 6 - 12. Our Splash Masters Lessons consist of 6 levels. Classes will meet once a week. Each lesson will be 30 minutes.



TEEN & ADULT SWIM LESSONS

These swim lessons are for individuals ages 13-17 and 18+ who wish to learn to swim, develop their stroke technique, or build endurance. We offer 3 different levels for our Teen & Adult swimmers: Beginner, Intermediate, and Advanced.

PARENT/CHILD SWIM LESSONS



Fall Session 1: September 13 - October 25

Registration opens August 11 for members and August 18 for non-members.

Fall Session 2: November 2 - December 13

Registration opens September 29 for members and October 6 for non-members.

Winter Session 1: January 3 - February 14

Registration opens December 1 for members and December 8 for non-members.

Winter Session 2: February 21 - April 4

Registration opens January 26 for members and February 2 for non-members.

ALL PARENT/CHILD CLASSES ARE HELD ON SATURDAY MORNINGS

Parent/Child A: 9:00 a.m. - 9:30 a.m.

Parent/Child B: 9:45 a.m. - 10:15 a.m.

Parent/Child A: 10:30 a.m. - 11:00 a.m.

SESSION DATES

FALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 – 9:30 am					Mini Splashers 1 2 3 Adult Beginner
9:45 – 10:15 am					Splash Masters 2 3 4 5 6
10:30 – 11:00 am		Mini Splashers 1 2 3 (combo class)			Mini Splashers 1 2 3 4 Splash Masters 4 5 6
4:30 – 5:00 pm	Mini Splashers 1 2 3 4 Splash Masters 5 6	Mini Splashers 1 2 3 Splash Masters 5 6	Mini Splashers 1 2 3 4 Splash Masters 5 6	Mini Splashers 1 2 3 Splash Masters 1 5 6	
5:15 – 5:45 pm	Splash Masters 1 2 3 4 5 Teen Beginner	Splash Masters 2 3 4 Adult Intermediate Adult Advanced	Splash Masters 1 2 3 4 5 6	Splash Masters 2 3 4 Adult Intermediate	
6:00 – 6:30 pm	Mini Splashers 1 2 3 Splash Masters 2 3 4 Adult Intermediate	Mini Splashers 1 2 3 Splash Masters 2 3 4 Adult Beginner	Teen Beginner Teen Intermediate Teen Advanced	Mini Splashers 1 2 3 Splash Masters 2 3 4 Adult Beginner	

SESSION DATES

Fall Session 1: September 8 - October 25

Registration opens August 11 for members, and August 18 for non-members

MEMBER PRICE: \$58
NON-MEMBER PRICE: \$93

Fall Session 2: October 27 - December 13

Registration opens September 29 for members, and October 6 for non-members

No lessons on October 31 and November 27

WINTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 – 9:30 am					Mini Splashers 1 2 3 Adult Beginner
9:45 – 10:15 am					Splash Masters 2 3 4 5 6
10:30 – 11:00 am		Mini Splashers 1 2 3 (combo class)			Mini Splashers 1 2 3 4 Splash Masters 4 5 6
4:30 – 5:00 pm	Mini Splashers 1 2 3 4 Splash Masters 5 6	Mini Splashers 1 2 3 Splash Masters 5 6	Mini Splashers 1 2 3 4 Splash Masters 5 6	Mini Splashers 1 2 3 Splash Masters 1 5 6	
5:15 – 5:45 pm	Splash Masters 1 2 3 4 5 Teen Beginner	Splash Masters 2 3 4 Adult Intermediate Adult Advanced	Splash Masters 1 2 3 4 5 6	Splash Masters 2 3 4 Adult Intermediate	
6:00 – 6:30 pm	Mini Splashers 1 2 3 Splash Masters 2 3 4 Adult Intermediate	Mini Splashers 1 2 3 Splash Masters 2 3 4 Adult Beginner	Teen Beginner Teen Intermediate Teen Advanced	Mini Splashers 1 2 3 Splash Masters 2 3 4 Adult Beginner	

SESSION DATES

Winter Session 1: January 3 - February 19

Registration opens December 1 for members, and December 8 for non-members

MEMBER PRICE: \$58
NON-MEMBER PRICE: \$93

Winter Session 2: February 21 - April 9

Registration opens January 26 for members, and February 2 for non-members

SWIM LESSON FAQ's

ENTERING THE BUILDING

All participants and accompanying family members will need to scan in/check-in at the front desk each time they come into the YMCA. This includes community members.

WHAT DO I NEED TO BRING TO SWIM LESSONS?

- **Participants will need to bring their own towel.**
- Students will need a swim suit. We recommend coming dressed to swim.
- Students may want to bring their own pair of goggles. Goggles are not required.
- Non-potty trained children are required to wear a swim diaper. We also encourage children to use the bathrooms prior to their lessons.

WHICH LOCKER ROOM DO I USE?

- The only available entrance for swim lessons will be thru the family locker room. This is also the only locker room available for use to swim lesson participants.
- We ask that participants arrive on the pool deck only 5 minutes before their scheduled class time. Likewise, please exit the area as soon as possible following the lesson to assist us in delivering classes on time.
- Participants are encouraged to arrive dressed for lessons.
- All participants must take a quick shower before entering the aquatic area.
- All street shoes must be removed prior to entering the aquatic area.
- To help with locker room congestion we suggest taking longer showers at home after lessons as space is limited. Please change quickly. Remember to change in a designated changing area and not the shared space.
- Lockers are available to store belongings. You will need to provide your own lock.

DURING SWIM LESSONS:

- Students will remain within their class in their assigned area of the pool.
- Parents are welcome to sit on benches, stand against the wall, sit on the deck etc., but must be at least 6 ft. away from the class area. Please do not sit on or near the swim class to watch swim lessons.
- Spitting of pool water by participants is prohibited.
- Children should either sit on the edge of the pool or keep both hands on the wall (depending on teachers instruction) during times when others are working on skill.
- We are trying to keep class sizes small. We intend to keep instructor/student ratios at no more than 5 students to 1 teacher.
- The Splash Pad area of the pool is CLOSED during swim lesson and in between scheduled swim lesson class times.

SWIM LESSON MAKE-UP AND CREDIT/REFUND INFORMATION

- We will NOT offer make-up lessons for missed swim lessons. We need to adhere to our class sizes and ratios.
- The only time make-up lessons will occur is if the YMCA cancels the lessons and reschedules them.
- Refunds/credits will NOT be given for missed swim lessons.
- Credits may be given should the YMCA cancel swim lessons and a make-up lesson is not able to be rescheduled.
- Should the YMCA have to cancel lessons, we will put notifications out on our app (download YMCA360 app) and an email will be sent to the email address on file.

HERE FOR ALL

FINANCIAL ASSISTANCE PROGRAM

EVERYONE IS WELCOME

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our financial assistance program, Stateline Family YMCA provides assistance to youth, adults, and families based on individual needs and circumstances.

LEARN MORE AND DOWNLOAD THE APPLICATION:

statineymca.org/financialassistance



ENGAGE. TEACH. IMPACT.

Join a team that makes a true difference in the community.

We are always looking for Lifeguards and Swim Instructors. With flexible hours, a free membership, and fulfilling work, you can't go wrong at the Y!

statineymca.org/jobs





PRIVATE SWIM LESSONS

FOR ALL AGES

Scan or visit statelineymca.org/aquatics
for pricing and more information



Stroke Development • Personal Growth • Customized Lessons

AQUATIC CONDITIONING FOR YOUTH & TEENS

This is a great opportunity for children ages 8-16 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.

Prerequisites:

- Level 6, or instructor approval
- Must have knowledge of the 4 competitive strokes, be able to swim 50 yards continuous Front Crawl and 25 yards Backstroke

MEMBER PRICE: \$70

NON-MEMBER PRICE: \$103

Participants meet Monday and Wednesday evenings from 6:30-7:30pm for four weeks each session.

Check our website for session dates
statelineymca.org/aquatics





FUN WITH A SPLASH

WATER EXERCISE CLASSES

ACTIVITY POOL CLASSES

Mon., Tue., Wed., Thu.
8:15-9:00 am

LAP POOL CLASSES

Mon. & Wed.
9:00-9:45 am

S'WET

Tuesdays
5:45 - 6:30 pm

Check pool schedules at statelineymca.org/schedules for up-to-date information.
RESERVE YOUR SPOT FOR CLASSES THROUGH OUR YMCA360 APP!



HOMESCHOOL SWIM LESSONS

SESSION DATES

September 11 - October 23

October 30 - December 11*

**No lesson on November 27*

THURSDAYS: 1:00 – 1:45 PM

*includes a 15-minute free swim time

Certified instructors will offer personalized feedback, ensuring that each swimmer can progress at their own pace while fostering a supportive and encouraging environment.

COST*

MEMBERS: \$58
COMMUNITY: \$93

*PER PROGRAM PER SESSION

2ND CHILD DISCOUNT: \$16 TOTAL OFF THE PRICE OF 2!

POOLtakular

HALLOWEEN FUN IN THE POOL!

SUNDAY
OCT. 26
1:00 - 3:00 PM

members **\$10** community **\$15**

WINTER WATERLAND

SWIM LESSONS
HAVE FUN.
LEARN SAFETY.
MAKE FRIENDS.

the **Y**
YMCA
DEC. **2025** & JAN. **2026**
22nd, 23rd, 26th, 29th, 30th
2nd

CLASSES OFFERED FOR
PRESCHOOL AGE (3-5 YRS)
& SCHOOL AGE (6 - 12 YRS)

COST
PER LESSON

MEMBERS: \$8
COMMUNITY: \$10

POOL EGG HUNT

MAR
29

REGISTRATION
OPENS MARCH 1TH!

Please bring
your own
basket/bag
to place pool
side for your
eggs

EGG HUNT TIMES

9:00am-9:45am
10:00am-10:45am
11:00am-11:45am
12:00pm-12:45pm
1:00pm-1:45pm
2:00pm-2:45pm

COST
Members
\$5 per child
Community
\$10 per child

AGES
6 MONTHS
THROUGH
12 YEARS

- Parent/Guardian must be in the water with children ages 6 and under
- Each swim time is limited to 30 children
- Each wave includes a 15-minute egg hunt followed by 30 minutes of family swim!

COMING SOON...



Longfellow's WHALE Tales

Learn how to be safe in and around water in this fun-filled program.

Check our website for upcoming class dates this winter!



MAY YOUR WISHES COME TRUE

LET US TAKE THE HASSLE AWAY.

Enjoy your child's next birthday party at the Y! All parties include a cheery party host that will assist with setup, party festivities, and clean up. Tablecloths and a YMCA birthday gift for the birthday child will also be provided.

COST
MEMBERS \$150
NON-MEMBERS \$225

*\$50 non-refundable deposit is required at registration. This fee will be deducted from the final amount.

WHAT'S INCLUDED?

- Party Attendant to assist throughout party and handle the clean-up!
- Shared pool use, including lifeguards
- Party room for birthday celebration
- Table coverings
- Special gift for the birthday child!



statelineymca.org/birthdayparties

TRAINED TO SAVE

BE A LEADER. BE A LIFEGUARD.

Lifeguard Certification Courses

LEARN:

- First-Aid
- CPR for the Professional Rescuer
- How to utilize an AED
- How to apply oxygen
- How to respond to an emergency in and out of the pool

QUESTIONS?

Contact Kim at kwaite@statelineymca.org
Visit statelineymca.org/aquatics to learn more!

MEMBER PRICE: \$225
NON-MEMBER PRICE: \$275



REGISTRATION CLOSES THE THURSDAY BEFORE!



PARENTS' NIGHT OUT

@ STATELINE FAMILY YMCA

Need a night away without the kids? Let us help! Our monthly Parents' Night Out events combines a fun theme with activities and friends to make for the best Kids Night In [the Y]!

IRONWORKS

AGES 3-12

POOL PARTY INCLUDED!

2ND SATURDAY OF EACH MONTH!

5:30-8:30P.M.

ROSCOE

AGES 5-12

PIZZA PARTY INCLUDED!

3RD SATURDAY OF EACH MONTH!

5:30-8:30P.M.

statelineymca.org/pno

MEMBERS

\$30

COMMUNITY

\$42

YOUTH SPORTS

@ STATELINE FAMILY YMCA

KICKBALL | FLAG FOOTBALL | SOCCER | BASKETBALL | DODGEBALL

BASEBALL | T-BALL | SOFTBALL | ESPORTS | PICKLEBALL

STATELINEYMCA.ORG/YOUTHSports

GYMNASTICS & CHEER

CLASSES, CLINICS, & OPEN GYMS!

STATELINEYMCA.ORG/GYMNASTICS

SAFE POOLS HAVE RULES



- Please do not enter the pool if you have a communicable disease or open cut.
- Do not bring food, drink, gum or tobacco into the pool or pool area.
- Please shower before entering the pool.
- Running and/or rough play in the pool area is not permitted.
- Animals are not permitted in the pool area.
- Diaper changing on the pool deck is prohibited.
- No glass or shatterable items in the pool area.
- Non-toilet trained children are required to wear swim diapers.
- Back flips, spins and running jumps are not permitted when entering the pool.
- Only coast guard approved personal floatation devices are permitted in the pool. We do not allow inflatables of any kind. Children who require the assistance of a floatation device must have an adult with them in the water and within arms reach at all times.
- Appropriate swim attire must be worn in the pool. (Street clothes are not permitted in the pool and shoes are not allowed on the pool deck.)
- Breath holding activities or prolonged underwater swimming is not permitted.
- The Hot Tub is for those who are aged 18 or older and we ask that you limit your usage to no more than 10 minutes.
- Height requirement for the slide is 48 inches.
- We do require a swim test for all youth under the age of 16, who are wanting to use the area along the back wall by the hot tub, the lily pad crossing and the current channel. Swim tests will need to be retaken daily. The swim test consists of treading water for 30 seconds and swimming front crawl, preferably with their face in the water for 25 yards.
- Swimmers should not stand on the spray jets in the splash area or climb on any of the spray features.
- The lifeguards have the ability to enforce any and all pool rules as they are there to keep everyone safe.

DURING FAMILY SWIM TIME:

Parents/Adults must be in the pool area with their children. Any child age 6 and under must have a parent/adult in the water with them - this includes the Splash Area of the pool.

DURING OPEN SWIM TIME:

Children under the age of 6 require a parent/adult in the water with them at all times; children ages 6-12 require a parent/adult to be either in the pool or on the pool deck at all times; ages 13 and above require no parent/adult.



