



CONFIDENCE IN EVERY STROKE

2022 Winter/Spring Swim Lesson Guide
STATELINE FAMILY YMCA

STATELINE FAMILY YMCA, 501 THIRD ST. BELOIT, WI. 53511.608.365-2261



7 WEEK LESSON OPTION

Our group lessons are designed for both preschool and school age children. Class sizes will be no more than 5 students to 1 teacher. Our preschool age lessons (ages 3-5) will consist of 4 levels. Our School Age Lessons (ages 6-12) will consist of 6 levels. Classes will meet once a week. Each lesson will be 30 minutes.

Session 1: January 3 – February 20

Session 2: February 21 – April 10

Session 3: April 11 – May 29

Cost: Members: \$56
Non-members: \$90

Monday – Thursday and Saturdays & Sundays

*Please see page 3 with class offerings and times.

AQUATIC CONDITIONING

Looking for more than just swim lessons? Looking to build endurance and work on stroke technique? This group was previously our Wavemakers Pre-Team group. Youth will receive an hour long workout with on-deck coaching.

Pre-requisite: Must be a Level 6 swim lesson ability, have knowledge of the 4 competitive swim strokes; swim 50 yards continuously with face in the water.

This program is recommended for ages 8 – 13.

Winter 1: January 1 – January 26

Winter 2: January 31 – February 23

Winter 3: February 28 – March 23

Spring 1: March 28 – April 20

Spring 2: April 25 – May 18

Group will meet:

Mondays & Wednesdays

6:00 p.m. – 7:00 p.m.

Cost: Member: \$68
Non-member: \$100

Contact Kim Waite with any questions regarding this

PARENT/CHILD LESSONS

Our Parent/Child Lessons are instructor led lessons where both parent and child are in the water. These lessons for ages 6 months – 3 years. We offer 2 different Stages for these classes. Space is limited.

Session 1: January 3 – February 18

Session 2: February 21 – April 8

Session 3: April 11 – May 27

Saturdays: 9:00 a.m. – 9:30 a.m. – Stage A

Saturdays: 9:45 a.m. – 10:15 a.m. – Stage B

Saturdays: 10:30 a.m. – 11:00 a.m. – Stage A

Cost: Member: \$56
Non-member: \$90

*6 participants max per class

Financial Assistance is available for those who qualify.

ADULT/TEEN LESSONS

It's never too late to learn how to swim! These lessons are for individuals who wish to learn to swim as well as develop their stroke techniques, swim abilities and increase their endurance.

When: Tuesdays (sessions run same as Youth Lessons)

Beginner Class: 6:00 – 6:30 p.m.

This class is for those who are unable to fully submerge underwater, cannot float on their front or back and need to learn basic water safety skills, all while learning to be comfortable in the water.

Intermediate Class: 5:15 – 5:45 p.m.

This class is for those who can fully submerge underwater, can float on their front and/or back. This class is for those who are comfortable in the water have some basic swim skills.

Advanced Class: 5:15 – 5:45 p.m.

This class is for those who can swim front crawl, have basic knowledge of the other swim strokes and are looking to build endurance and improve swim techniques.

Cost: Member: \$56
Non-member: \$90

SWIM LEVEL DAY AND TIME OFFERINGS

7 Week Swim Lesson Option Class Offerings for Preschool Age (ages 3 – 5)

LEVEL 1:

Monday: 4:30 p.m.
Monday: 6:00 p.m.
Tuesday: 4:30 p.m.
Tuesday: 6:00 p.m.
Wednesday: 4:30 p.m.
Thursday: 4:30 p.m.
Thursday: 6:00 p.m.
Saturday: 9:00 a.m.
Saturday: 10:30 a.m.
Sunday: 11:45 a.m.

LEVEL 2:

Monday: 4:30 p.m.
Monday: 6:00 p.m.
Tuesday: 4:30 p.m.
Tuesday: 6:00 p.m.
Wednesday: 4:30 p.m.
Wednesday: 6:00 p.m.
Thursday: 4:30 p.m.
Thursday: 6:00 p.m.
Saturday: 9:00 a.m.
Saturday: 10:30 a.m.
Sunday: 11:45 a.m.

LEVEL 3:

Monday: 4:30 p.m.
Monday: 6:00 p.m.
Tuesday: 4:30 p.m.
Tuesday: 6:00 p.m.
Wednesday: 4:30 p.m.
Wednesday: 6:00p.m.
Thursday: 4:30 p.m.
Thursday: 6:00 p.m.
Saturday: 9:00 a.m.
Saturday: 10:30 a.m.
Sunday: 11:45 a.m.

LEVEL 4:

Monday: 4:30 p.m.
Wednesday: 4:30 p.m.
Saturday: 10:30 a.m.
Sunday: 11:45 a.m.

7 Week Swim Lesson Option Class Offerings for School Age (ages 6 – 12)

LEVEL 1:

Monday: 5:15 p.m.

LEVEL 2:

Monday: 5:15 p.m.
Tuesday: 5:15 p.m.
Wednesday: 5:15 p.m.
Thursday: 5:15 p.m.

LEVEL 3:

Monday: 5:15 p.m.
Tuesday: 5:15 p.m.
Tuesday: 6:00 p.m.
Wednesday: 5:15 p.m.
Thursday: 5:15 p.m.
Saturday: 9:45 a.m.
Sunday: 11:00 a.m.

LEVEL 4:

Monday: 5:15 p.m.
Monday: 6:00 p.m.
Tuesday: 5:15 p.m.
Tuesdays: 6:00 p.m.
Wednesday: 5:15 p.m.
Wednesday: 6:00 p.m.
Thursday: 4:30 p.m.
Thursday: 5:15 p.m.
Thursday: 6:00 p.m.
Saturday: 9:45 a.m.
Saturday: 10:30 a.m.
Sunday: 11:00 a.m.

LEVEL 5:

Monday: 4:30 p.m.
Monday: 5:15 p.m.
Tuesday: 4:30 p.m.
Tuesday: 5:15 p.m.
Wednesday: 4:30 p.m.
Wednesday: 5:15 p.m.
Thursday: 4:30 p.m.
Thursday: 5:15p.m.
Saturday: 9:45 a.m.
Saturday: 10:30 a.m.
Sunday: 11:00 a.m.

LEVEL 6 :

Monday: 4:30 p.m.
Tuesday: 4:30 p.m.
Wednesday: 4:30 p.m.
Thursday: 5:15 p.m.
Saturday: 9:45 a.m.
Saturday: 10:30 a.m.
Sunday: 11:00 a.m.

Don't know what level to register for? Here are some tips:

- If you were in our lesson program previously, we can check our records of the last level your child completed.
- Check the next page and answer the questions on the flow chart to choose appropriate level.
- If you do not know your child's swim level you can contact the Aquatics Director Kim Waite at kwaite@statelineymca.org or call at (608) 365-2261 to schedule a quick FREE swim level evaluation.

- Classes will NOT run with only 1 child registered – you may be asked to switch days, times or we may combine classes to create a full class.
- Classes will be no larger than 5 swimmers to 1 teacher.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

IMPORTANT SWIM LESSON INFORMATION

Registration for Swim Lessons:

- Registration has changed. You are now registering by ability level, age, and time.
- If you do not know what level or need to be assessed please contact the Aquatic Director Kim Waite at kwaite@statelineymca.org or 608-365-2261.

What to bring to swim lessons:

- Participants will need to bring their own towel. We no longer are offering towel service.
- Students will need a swim suit. (Come 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.

Entering the building:

- All participants and accompanying family members will need to scan in/check-in at the front desk. Please do not just walk in and head to the pool.
- All persons entering the YMCA facility will need to wear a face mask/covering.

Entering the Family Locker Room and Aquatic Area:

- The only available entrance for swim lessons will be thru the family locker room.
- Families are encouraged to come with only 1 adult for their visit; the fewer people the better.
- We ask that participants arrive on the pool deck only 5 minutes before their scheduled class time; this will allow for social distancing to better occur. Likewise, please exit the area as soon as possible following the lesson to assist us in delivering classes on time. Please note the Splash Area of the pool is NOT available before or after lessons.
- The Family Locker Room is the only locker room available for use for swim lessons.
- Face masks/coverings should may be worn in the locker room and onto the pool deck but not in the water.
- 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.
- After lessons, showers are available but we ask that you use them quickly in case others are waiting. We suggest showering at home after lessons as space is limited.
- Space is limited; please change quickly if you need to change here. 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.
- We will try to maintain distance between the participants as best as possible.
- Parents are welcome to sit on benches, stand against a 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 classes to watch swim lessons.
- Face coverings are optional for those watching swim lessons in the Aquatic Area at this time.
- Instructors may be wearing face coverings/face shields. These will act as a barrier from coughing or sneezing.
- Students will be encouraged to practice breath control skills by breathing to the front or the side, and not into another's face.
- Spitting of pool water is prohibited.
- All toys and teaching aids will be cleaned after use.
- We will no longer loan out goggles.
- Instructor/student ratios will not exceed 5 students to 1 teacher.
- The Splash Area/Zero Depth Area will remain closed during swim lessons.

IMPORTANT SWIM LESSON INFORMATION

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 and keep kids in the same groups throughout the session.
- 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 scheduled.

Maintaining a Healthy Environment:

- All participants and/or family members should NOT attend swim lessons or enter the building if they are feeling ill, have a fever or had a fever in the last 72 hours or are experiencing any of the following: symptoms:
 - Chills
 - Muscle pain
 - Sore throat
 - Shortness of breath
 - New loss of taste or smell
 - Vomiting
 - Diarrhea

Please stay home if not feeling well and contact the Aquatics Director, Kim Waite at kwaite@statelineymca.org or by phone at 608-365-2261.

- If anyone in a participant's household tests positive for COVID-19, the Aquatic Director must be notified immediately. The participant will not be able to participate in swim lessons and/or other programs until the YMCA has a release order from his/her physician.
- Please stay home if the swim lesson participant or anyone else in the household has been exposed to COVID-19, and contact the Aquatics Director.
- All YMCA staff will complete a health screen and temperature check prior to working their shifts.
- The pool deck is sanitized multiple times throughout the day. All high touch areas in the Aquatic Area are sanitized between programs and swim times.

Please contact Kim Waite, Aquatics Director at kwaite@statelineymca.org with any questions.



PRIVATE SWIM LESSON INFORMATION

Private Swim Lessons allow you the opportunity to improve your swimming skills with swim instruction tailored to your individual goals.

Are private swim lessons right for you?

- Stroke Development – Work on simple or advanced techniques that will help you or your child build endurance.
- Personal Growth – Learning to swim and excel in swimming helps build self-confidence in and out of the pool.
- One-on-One Time: Personalized attention will help build understanding of techniques and skill while building endurance.

Private lessons are available for ages 3 on up, and open to everyone from beginners to advanced swimmers. Small group or family classes can also be arranged.

	Member	Non Member
5 x 30 Minute Lessons		
1 person	\$100	\$150
2 people	\$120	\$170
3 people	\$140	\$190
10 x 30 Minute Lessons		
1 person	\$160	\$210
2 people	\$180	\$230
3 people	\$200	\$250

Private Swim Lesson Interest Form – One Form per Person

Participant Name: _____ M/F Age: _____ Birth Date: _____

Primary Contact: _____ Phone: _____

Email: _____ [] Member [] Non-Member

5 Lessons 10 Lessons

Most Convenient Days:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Most Convenient Times:

9am-12pm 12pm-4pm 4pm-7:30 pm (only available during the week)

Please describe your swimmers skill set or areas that need improvement: _____
