



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

SPRING I 2020 SWIM LESSONS
Feb. 24 – Apr. 19 (7 Weeks)

**REGISTRATION OPENS:
FEBRUARY 10, 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00-4:30 Preschool STG 1 Preschool STG 2 Preschool STG 3	4:00-4:30 Preschool STG 1 Preschool STG 2 Preschool STG 3	4:00-4:45 Youth STG 3 Youth STG 5	4:00-4:30 Preschool STG 1 Preschool STG 2 Preschool STG 4	4:00-4:30 Preschool STG 1 Preschool STG 3	9:00-9:30 Parent/Child A Preschool STG 1 Preschool STG 2 Preschool STG 4	10:30-11:00 Parent/Child A Preschool STG 1 Preschool STG 2 Preschool STG 3
4:35-5:20 Youth STG 2 Youth STG 4 Youth STG 5	4:35-5:20 Youth STG 1 Youth STG 2 Youth STG 4	4:50-5:20 Preschool STG 2 Preschool STG 4	4:35-5:20 Youth STG 1 Youth STG 2 Youth STG 3	4:35-5:20 Youth STG 2 Youth STG 5	9:35-10:20 Youth STG 1 Youth STG 2 Youth STG 3 Youth STG 5	11:05-11:50 Youth STG 1 Youth STG 2 Youth STG 3 Youth STG 4
5:25-6:10 Youth STG 1 Youth STG 6	5:25-6:10 Youth STG 3 Youth STG 5 Youth STG 6	5:25-6:10 Youth STG 2 Youth STG 4	5:25-6:10 Youth STG 4 Youth STG 5 Youth STG 6	5:25-6:10 Youth STG 1 Youth STG 6	10:25-10:55 Parent/Child B Preschool STG 1 Preschool STG 2 Preschool STG 3	11:55-12:25 Parent/Child B Preschool STG 1 Preschool STG 2 Preschool STG 4
5:00-6:10 Non-Competitive Team (NCT)		5:00-6:10 Non-Competitive Team (NCT)			11:00-11:45 Youth STG 2 Youth STG 3 Youth STG 4 Youth STG 6	12:30-1:15 Youth STG 2 Youth STG 3 Youth STG 4 Youth STG 6

! NO CLASSES SPRING BREAK WEEK - Apr. 5- 12 !

Program per 7-weeks	Full Facility Member Fees	Program Member Fees
Parent-Child/Preschool	\$88	\$118
Youth/Teen/Adult	\$105	\$158
NCT—Saturdays Only	\$60	\$80
NCT—Mon. & Wed. Only	\$118	\$152
NCT 3x / Week	\$175	\$225

11:50-12:35
Teen/Adult 1
Teen/Adult 2

11:50-1:00
Non-Competitive
Team (NCT)

1:15-2:00
Youth STG 1
Youth STG 4
Youth STG 5

- Please pick up a copy of our Swim Lesson Policies from the Welcome Center!
- Make-up lessons need approval from the Director of Aquatics.
- Program fees are non-refundable after the first day of the program session, which may not be the first day of your child's lesson.
- System credit will only be given for unforeseen pool closures due to sanitary reasons as outlined in the New Jersey Bathing Code.
- No credits or refunds will be issued for weather related closings or personal reasons.
- For private, semi-private, and SNAP lessons, please contact the Director of Aquatics.





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SWIM LESSON INFORMATION

Parent/Child Lessons

30 Minute Classes

FF: \$88 | PM: \$118

Water Discovery Stage A | 1:10 | 6 Months - 3 Years

Parents accompany children in this class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about water.

Water Exploration Stage B | 1:10 | 6 Months - 3 Years

Parents are guided to work with their child to explore body positions, floating, blowing bubbles, fundamental safety and aquatic skills.

Preschool Swim Lessons

30 Minute Classes

FF: \$88 | PM: \$118

Water Acclimation Stage 1 | 1:5 | 3-5 Years

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

Water Movement Stage 2 | 1:5 | 3-5 Years

Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

Water Stamina Stage 3 | 1:6 | 3-5 Years

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

Stroke Introduction Stage 4 | 1:6 | 3-5 Years

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the front-crawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes, and practice safety techniques in deep water.



Youth Swim Lessons

45 Minute Classes

FF: \$105 | PM: \$158

Water Acclimation Stage 1 | 1:6 | 6-12 Years

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

Water Movement Stage 2 | 1:6 | 6-12 Years

Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

Water Stamina Stage 3 | 1:8 | 6-12 Years

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

Stroke Introduction Stage 4 | 1:8 | 6-12 Years

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the front-crawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes, and practice safety techniques in deep water.

Stroke Development Stage 5 | 1:8 | 6-12 Years

Students continue to work on their stroke technique and all major competitive strokes are introduced. Swimmers will develop stamina in the front-crawl and backcrawl strokes, learn the breaststroke and butterfly strokes, and build endurance in their techniques for deep water safety.

Stroke Mechanics Stage 6 | 1:10 | 6-12 Years

Students refine their stroke technique on all major competitive strokes and learn more competitive swimming. Swimmers will develop endurance in the competitive strokes, learn skills related to competitive swimming like racing starts and flip turns, and enhance their techniques and build endurance in deep water.

Private Swim Lessons

30 Minute Classes

FF: \$231 | PM: \$285

Private Lessons | 1:1 | 3 Years - Adult

YMCA Private Swim Lessons are designed for swimmers who desire weekly one-on-one instruction. All interested parties must contact the Aquatics Director.