



SWIM LESSON SCHEDULE

FALL 1 2018: September 10-October 28

FALL 2 2018: October 29-December 21

Members: \$43

Community Participants: \$57

MONDAY	
Class (Ages)	Time (pm)
Preschool/Stage 1 (3-5)	5:00-5:30
Preschool/Stage 2 (3-5)	5:35-6:05
Preschool/Stage 3 & 4 (3-5)	6:10-6:40
School Age/Stage 1 & 2(5-12)	5:00-5:30
School Age/Stage 1 & 2(5-12)	5:35-6:05
School Age/Stage 3(5-12)	6:10-6:40
School Age/Stage 4(5-12)	5:35-6:05
School Age/Stage 5 (5-12)	5:00-5:30
School Age/Stage 6(5-12)	6:10-6:40

TUESDAY	
Class (Ages)	Time (pm)
Preschool/Stage 1 (3-5)	5:00-5:30
Preschool/Stage 1 (3-5)	6:10-6:40
Preschool/Stage 2 (3-5)	5:35-6:05
Preschool/Stage 3 & 4 (3-5)	6:10-6:40
School Age/Stage 1&2 (5-12)	6:10-6:40
School Age/Stage 3(5-12)	5:00-5:30
School Age/Stage 4(5-12)	5:00-5:30
School Age/Stage 5 (5-12)	5:35-6:05
School Age/Stage 6(5-12)	5:35-6:05

WEDNESDAY	
Class (Ages)	Time (pm)
P&C/Stages A & B (6m-3yrs)	6:10-6:40
P&C/Stage 1 w/ Parent (3-5)	5:35-6:05
Preschool/Stage 1 (3-5)	5:00-5:30
Preschool/Stage 1 (3-5)	5:35-6:05
School Age/Stage 1 & 2(5-12)	5:00-5:30
School Age/Stage 1 & 2(5-12)	5:35-6:05
School Age/Stage 3(5-12)	5:00-5:30
School Age/Stage 5 (5-12)	6:10-6:40
Aquatic Conditioning (6-11)	6:10-6:40

THURSDAY	
Class (Ages)	Time (pm)
Home School Preschool	12-12:30
Home School School Age	12:35-1:05
Preschool/Stage 1 (3-5)	5:35-6:05
Preschool/Stage 2 (3-5)	6:10-6:40
Preschool/Stage 3 & 4 (3-5)	5:35-6:05
School Age/Stage 1 & 2(5-12)	6:10-6:40
School Age/Stage 3(5-12)	5:00-5:30
School Age/Stage 3(5-12)	5:35-6:05
School Age/Stage 4(5-12)	5:00-5:30
School Age/Stage 4(5-12)	6:10-6:40
School Age/Stage 5 (5-12)	5:00-5:30

SATURDAY	
Class (Ages)	Time (am)
P&C/Stage A(6-24 months)	8:25-8:55
P&C/Stage B (24-36 months)	9:00-9:30
P&C/Stage 1 w/ Parent (3-5)	9:35-10:05
Preschool/Stage 1 (3-5)	10:10-10:40
Preschool/Stage 1 (3-5)	10:45-11:15
Preschool/Stage 2 (3-5)	9:35-10:05
Preschool/Stage 2 (3-5)	10:10-10:40
Preschool/Stage 3 & 4 (3-5)	9:00-9:30
School Age/Stage 1 & 2(5-12)	9:00-9:30
School Age/Stage 1 & 2(5-12)	10:45-11:15
School Age/Stage 3(5-12)	9:35-10:05
School Age/Stage 4(5-12)	10:10-10:40
School Age/Stage 5 (5-12)	10:10-10:40
School Age/Stage 6(5-12)	9:00-9:30
Aquatic Conditioning (6-11)	9:35-10:05

SUNDAY lessons and Specialty lessons are listed on reverse side



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SUNDAY	
Class (Ages)	Time (pm)
P&C/Stages A & B (6m-3yrs)	4:00-4:30
Preschool/Stage 1 (3-5)	4:35-5:05
Preschool/Stage 2 (3-5)	5:10-5:40
Preschool/Stage 3 & 4 (3-5)	5:45-6:15
School Age/Stage 1 & 2(5-12)	4:00-4:30
School Age/Stage 3(5-12)	4:35-5:05
School Age/Stage 4(5-12)	5:10-5:40
School Age/Stage 5 (5-12)	5:45-6:15
School Age/Stage 6 (5-12)	5:45-6:15

ADULT/TEEN LESSONS		
Class	Day	Time
Adult/Teen Beginner (1&2)	Wednesday	8:00-8:45 am
Adult/Teen Beginner (1&2)	Saturday	10:45-11:30 am
Adult/Teen Beginner (1&2)	Sunday	4:00-4:45 pm
Adult/Teen Adv. Beg. (3&4)	Wednesday	6:45-7:30 pm
Adult/Teen Interm. (5&6)	Wednesday	8:45-9:30 am
Adult/Teen Interm. (5&6)	Sunday	4:50-5:35 pm
Adult Mixed Level	Monday	9:45-10:30 am
Adult Mixed Level	Tuesday	6:45-7:30 pm

Adult/Teen Beginner Pricing:
Members: \$33 / Community Participants: \$47

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land? **NOT YES** **A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water? **NOT YES** **B / WATER EXPLORATION**

Will the student go underwater voluntarily? **NOT YES** **1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own? **NOT YES** **2 / WATER MOVEMENT**

Can the student swim 10-15 yards on his or her front and back? **NOT YES** **3 / WATER STAMINA**

Can student swim 15 yards of front and back crawl? **NOT YES** **4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool? **NOT YES** **5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back? **NOT YES** **6 / STROKE MECHANICS**

SWIM STARTERS
 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.
 In Stage B, parents work with their children to explore body positions, and fundamental safety and aquatic skills.

SWIM BASICS
 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.
 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.
 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
 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.
 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.
 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.

FOR PROGRAM DESCRIPTIONS PLEASE SEE OUR FALL PROGRAM GUIDE OR VISIT THE YMCA WEBSITE AT www.ymcamke.org

If you have any questions, please contact the Aquatic Department at 414-357-2848

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