



SWIM LESSON SCHEDULE

Fall 2 - October 25th-December 18th
8 Week Session

Members: \$57 Non-Members \$71
Staff: \$28.50

MONDAY - Oct. 25th-Dec. 13th	
Class (Ages)	Time (PM)
Parent & Child Stage A/B (6m-2yrs)	5:00-5:30
Preschool/Stage 1/2 (3-5yrs)	5:40-6:10
Preschool/Stage 3/4 (3-5yrs)	6:20-6:50
School Age/Stage 1/2 (5-12)	5:00-5:30
School Age/Stage 3 (5-12yrs)	5:40-6:10
School Age/Stage 4 (5-12yrs)	6:20-6:50
School Age/Stage 5/6 (5-12yrs)	7:00-7:30
Teen/Adult Beginner (13+)	7:00-7:30

SATURDAY - Oct. 30th-Dec. 18th	
Class (Ages)	Time (AM)
Parent & Child Stage A/B (6m-2yrs)	9:00-9:30
Preschool/Stage 1/2 (3-5yrs)	9:40-10:10
Preschool/Stage 1/2 (3-5yrs)	11:00-11:30
Preschool/Stage 3/4 (3-5yrs)	10:20-10:50
School Age/Stage 1/2 (5-12yrs)	9:00-9:30
School Age/Stage 3 (5-12yrs)	9:40-10:10
School Age/Stage 4 (5-12yrs)	10:20-10:50
Teen/Adult Beginner (13+)	11:00-11:30
Teen/Adult Int/Adv (13+)	11:40-12:10

WEDNESDAY - Oct. 27th-Dec. 15th	
Class (Ages)	Time (AM)
Teen/Adult Beginner (13+)	8:00-8:30
Teen/Adult Int/Adv (13+)	8:40-9:10
Class (Ages)	Time (PM)
Preschool/Stage 1/2 (3-5yrs)	5:00-5:30
Preschool/Stage 3/4 (3-5yrs)	5:40-6:10
School Age/Stage 1/2 (5-12yrs)	5:00-5:30
School Age/Stage 1/2 (5-12yrs)	6:20-6:50
School Age/Stage 3 (5-12yrs)	7:00-7:30
School Age/Stage 4 (5-12yrs)	5:40-6:10
School Age/Stage 5/6 (5-12yrs)	6:20-6:50
Teen/Adult Beginner (13+)	7:00-7:30

FOR PROGRAM DESCRIPTIONS PLEASE VISIT THE YMCA WEBSITE AT www.ymcamke.org

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	YES	NOT YET	A / WATER DISCOVERY	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.
Is the student comfortable working with an instructor without a parent in the water?	YES	NOT YET	B / WATER EXPLORATION		In Stage B, parents work with their children to explore body positions, and fundamental safety and aquatic skills.
Will the student go underwater voluntarily?	YES	NOT YET	1 / WATER ACCLIMATION	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.
Can the student do a front and back float on his or her own?	YES	NOT YET	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.
Can the student swim 10-15 yards on his or her front and back?	YES	NOT YET	3 / WATER STAMINA		In Stage 3, students learn how to swim to safely 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.
Can student swim 15 yards of front and back crawl?	YES	NOT YET	4 / STROKE INTRODUCTION	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.
Can the student swim front crawl, back crawl, and breaststroke across the pool?	YES	NOT YET	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.
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	YES	NOT YET	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.

