

# SWIM LESSONS

## CAMPBELL COUNTY YMCA



**January 9 – April 28**  
Once a Week: 8 classes over 2 months

**Monthly**  
Twice a Week: 4 classes over 1 months

**Pricing:**  
Y-members | \$45  
Non-member | \$90

- STARTERS**
- A: WATER DISCOVERY**  
Stage A introduces infants and toddlers to the aquatic environment.
  - B: WATER EXPLORATION**  
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.
- SWIM BASICS**
- 1: WATER ACCLIMATION**  
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
  - 2: WATER MOVEMENT**  
Encourages forward movement in water and basic self-rescue skills performed independently.
  - 3: WATER STAMINA**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages.
- SWIM STROKE**
- 4: STROKE INTRODUCTION**  
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.
  - 5: STROKE DEVELOPMENT**  
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.
  - 6: STROKE MECHANICS**  
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Parent Child: 6mo. - 3 years	Days	Time (30 mins)
<b>A</b> Water Discovery	Tues. Thurs. Sat.	6:30 pm 10:00 am
<b>B</b> Water Exploration	Tues. Thurs. Sat.	7:00 pm 10:30 am

Preschool: 3 - 5 years	Days	Time (30 mins)
<b>1</b> Water Acclimation	Tues. Thurs. Sat.	6:00 pm 10:00 am
<b>2</b> Water Movement	Tues. Thurs. Sat.	6:30 pm 10:30 am
<b>3</b> Water Stamina	Tues. Thurs. Sat.	7:00 pm 11:00 am

Progressive: 6 - 12 years	Days	Time (30 mins)
<b>1</b> Water Acclimation	Tues. Thurs.	6:00 pm
<b>2</b> Water Movement	Tues. Thurs.	6:30 pm
<b>3</b> Water Stamina	Tues. Thurs.	7:00 pm
(40 mins)		
<b>4</b> Stroke Introduction	Tues. Thurs. Sat.	6:00 pm 10:00 am
<b>5</b> Stroke Development (40 mins)	Tues. Thurs. Sat.	6:50 pm 10:50 am

**TWO WAYS TO REGISTER**

Beginning December 10 for Y- members, December 20 for non-members

**ONLINE** [myY.org/register](http://myY.org/register)

**IN PERSON** at the Welcome Center

**JUNIOR BEARCATS**

**BASKETBALL**  
January 13 – March 3 ages 3-9  
Y-members | \$60 Non-member | \$100

This instructional league will teach your child the fundamentals of basketball and basic game concepts.

**SOCCER**  
April 7 – May 26 ages 3-8  
Y-members | \$60 Non-member | \$100

Registration open February 10 – March 25

# PROGRAMS

- Fit-N-Fun Jr.**  
Ages 2-3  
Tuesdays and Thursdays 9:30-10 am
- Fit-N-Fun**  
Ages 4-6  
Tuesdays and Thursdays 12:30- 1:15 pm

These classes incorporate fun, age-appropriate games and activities designed to develop fine and gross motor skills, encourage sharing and turn-taking, and introduce basic early sports concepts. \$30 non-member free for Y-members.

**Adult Basketball League**  
January 14 – March 4  
Ages 18+ \$30 for individuals \$240 for a team

8 Week Season played on Sunday afternoon.

**YMCA of Greater Cincinnati App**

Browse on Mobile

**PROGRAM MAKE UP POLICY:** We will do everything possible to ensure that all classes are held when scheduled. If more than one class must be canceled, due to unforeseen circumstances, a class credit will be issued. In the event that a participant is unable to attend a class for any reason, we cannot guarantee a make up class or class credit. Credits will be issued to the participant's YMCA account at the end of each session.