

FIND CONFIDENCE FIND YOUR Y



R.C. Durr YMCA 5874 Veterans Way, Burlington KY 41005
Swim Lessons <https://MyY.org> 859-534-5700

Parent/Child	6 mos. - 3 yrs	
Water Exploration	Saturday	10:20 a.m.
Water Independence	Monday	5:50 p.m.

SWIM STARTERS		A: WATER DISCOVERY Introduces infants and toddlers to the aquatic environment with their parents holding them.
		B: WATER EXPLORATION Focuses on body position, blowing bubbles, and fundamental safety skills for parents and children
		C: WATER INDEPENDENCE Parents work with their children to develop comfort in underwater exploration by learning self-rescue techniques.
SWIM BASICS		1: WATER ACCLIMATION Increases comfort with underwater exploration and introduces basic self-rescue skills 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 and back crawl and reinforces 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.

ADULT/TEEN

Intro to Water: Geared for the beginner who is afraid of the water and fill focus on buoyancy, floating, putting their face in the water, and learning beginning strokes. Would fall into Stages 1-2.

Learn to Swim: Geared for swimmers who are comfortable getting into the water and looking for tips on how to recreational swim. Will focus on strokes, treading water, swimming the length of the pool. Would fall into Stages 3-4.

Teen/Adult	13 years +		
Learn to Swim	Monday	6:30 p.m.	
Intro to Water	Tuesday	6:30 p.m.	
*Teens	Thursday	6:30 p.m.	
Preschool	3-5 years		
Water Acclimation	Monday	5:10 p.m.	
	Monday	6:30 p.m.	
	Tuesday	5:10 p.m.	
	Tuesday	5:50 p.m.	
	Tuesday	6:30 p.m.	
	Thursday	5:10 p.m.	
	Thursday	5:50 p.m.	
	Thursday	6:30 p.m.	
	Saturday	9:00 a.m.	
	Saturday	10:20 a.m.	
	Water Movement	Monday	5:10 p.m.
		Monday	6:30 p.m.
Tuesday		5:10 p.m.	
Tuesday		6:30 p.m.	
Thursday		5:10 p.m.	
Thursday		6:30 p.m.	
Water Stamina	Saturday	9:00 a.m.	
	Monday	5:10 p.m.	
	Tuesday	5:10 p.m.	
	Thursday	5:10 p.m.	
	Thursday	6:30 p.m.	
	Saturday	9:00 a.m.	

School Age	5-12 years	
Water Acclimation	Monday	5:10 p.m.
	Monday	5:50 p.m.
	Tuesday	5:10 p.m.
	Tuesday	5:50 p.m.
	Thursday	5:10 p.m.
	Thursday	5:50 p.m.
Water Movement	Saturday	9:40 a.m.
	Monday	5:50 p.m.
	Tuesday	5:50 p.m.
	Thursday	5:50 p.m.
Water Stamina	Saturday	9:40 p.m.
	Saturday	10:20 a.m.
	Monday	5:50 p.m.
	Monday	6:30 p.m.
	Tuesday	5:50 p.m.
	Tuesday	6:30 p.m.
Stroke Introduction	Thursday	5:50 p.m.
	Thursday	6:30 p.m.
	Saturday	9:40 a.m.
	Monday	5:10 p.m.
Stroke Development	Thursday	5:10 p.m.
	Saturday	9:00 a.m.
	Monday	6:05 p.m.
Stroke Mechanics	Tuesday	5:10 p.m.
	Thursday	6:05 p.m.
	Tuesday	6:05 p.m.
	Saturday	9:55 a.m.

**Registration opens one month prior to classes:
Members: 1st of the month
Non-Members: 10th of the month**
8 week sessions meet once/week

**Mondays: September 9–October 21
(No class on September 2 for Labor Day)**
Tuesdays: September 3–October 22
Thursdays: September 5–October 24
Saturdays: September 7–October 26

Pricing (there is a 6% sales tax at checkout):
Members: \$85
(\$74.37 for Monday)

Non-Members: \$170
(\$148.75 for Monday)

**Not sure what level is best for your swimmer?
Scan to take our online swim assessment!**



To register, stop by the Welcome Center or scan to do so, online:



Questions? Contact our Aquatic Director, Alyssa at ahaakenson@myy.org or text to 859-440-2125