

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.


Teen/Adult	13 years +	
Adult Learn to Swim	Monday	6:30 p.m.
Teen Learn to Swim	Tuesday/ Thursday	6:30 p.m.

SWIM STARTERS




A: WATER DISCOVERY
Introduces infants and toddlers to the aquatic environment with their parents holding them.

SWIM STARTERS




B: WATER EXPLORATION
Focuses on body position, blowing bubbles, and fundamental safety skills for parents and children

SWIM BASICS




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.

SWIM BASICS




2: WATER MOVEMENT
Encourages forward movement in water and basic self-rescue skills performed independently.

SWIM BASICS




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.

SWIM STROKE



5: STROKE DEVELOPMENT
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

SWIM STROKE



6: STROKE MECHANICS
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Preschool	3–5 years	
Water Acclimation	Monday	5:10 p.m.
	Monday	6:30 p.m.
	Tuesday/ Thursday	5:10 p.m.
	Tuesday/ Thursday	6:30 p.m.
	Saturday	9:00 a.m.
	Saturday	10:20 a.m.
Water Movement	Monday	5:10 p.m.
	Tuesday/ Thursday	5:10 p.m.
Water Stamina	Saturday	9:00 a.m.
	Monday	5:10 p.m.
	Tuesday/ Thursday	5:10 p.m.
	Saturday	9:00 a.m.

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.

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

School Age	5-12 years	
Water Acclimation	Monday	5:50 p.m.
	Tuesday/ Thursday	5:50 p.m.
	Saturday	9:40 a.m.
Water Movement	Monday	5:50 p.m.
	Monday	6:30 p.m.
	Tuesday/ Thursday	5:50 p.m.
	Tuesday/ Thursday	6:30 p.m.
	Saturday	9:40 p.m.
Water Stamina	Saturday	10:20 a.m.
	Monday	5:50 p.m.
	Tuesday/ Thursday	5:50 p.m.
Stroke Introduction	Saturday	9:40 a.m.
	Monday	5:10 p.m.
	Tuesday/ Thursday	5:10 p.m.
Stroke Development	Saturday	9:00 a.m.
	Tuesday/ Thursday	6:05 p.m.
Stroke Mechanics	Saturday	9:55 a.m.
	Monday	6:05 p.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	Saturdays
March 3-April 21	March 8-April 26

4 week sessions meet twice/week

Tuesday/Thursday
February 4-27
March 4-27
April 1-24

Pricing (there is a 6% sales tax at checkout):

Members: \$89
 Non-Members: \$178

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:



SWIM FOR FUN



SWIM FOR SAFETY



SWIM FOR SKILL