

AQUATIC PROGRAMS



WHAT AGE GROUP DOES MY CHILD FALL INTO?



6 months–3 years
PARENT* & CHILD
STAGES A-C



3–5 years
PRESCHOOL
STAGES P1–4



5–12 years
SCHOOL AGE
STAGES Y1–6



12+ years
TEEN & ADULT
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

*At the Y, we know families take a variety of forms; thus, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Take our Swim Assessment and Register ONLINE!



SWIM STARTERS

Parent* & Child Lessons
(Stages A & B can be combined.)



A: WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.



B: WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.



C: WATER LAUNCH

For those who are ready for Water Acclimation, but not ready to go into class without a parent. Follows Water Acclimation lesson plans.

SWIM BASICS

Skills to stay safe around water



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 STROKES

Skills to support a healthy lifestyle



4: STROKE INTRODUCTION

Introduces basic stroke technique in front 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.

Specialty Aquatic Classes

Adult-Intro to Water: (13 years & up) For adults, young and old, looking to gain confidence in getting in the water. Geared for the beginners who are afraid of the water and will focus on buoyancy, floating, putting their face in the water, and learning beginning strokes. Would fall into Stages 1–2.

Adult-Learn to Swim: (13 years & up) For adults, young and old, looking to learn strokes, tread water, swim the length of the pool. Geared for swimmers who are comfortable getting into the water and looking for tips on how to recreationally swim. Would fall into Stages 3–4.

Adult-Intro to Strokes: (13 years & up) For adults, young and old, looking to improve on their strokes, rotary breathing, and learn competitive strokes. Geared for swimmers who are able to swim the length of the pool and are confident in the water. Would fall into Stages 5–6.

Adapted Swim Lessons: (3 years & up) Taught one-on-one or in small group settings for those swimmers with special/sensory needs. Ask the Welcome Center for our Adapted Swim Lesson Registration Form. Once completed and payment is made, an instructor will contact participants to schedule swim lessons. NO online registration!

Private Swim Lessons: (3 years & up) Taught one-on-one or in small group settings for those swimmers who are looking for individual or family approach to swim lessons and can customize their instruction. Ask the Welcome Center for our Private Swim Lesson Registration Form. Once completed and payment is made, an instructor will contact participants to schedule swim lessons. NO online registration!

CLASS PRICES

ALL Group Lessons:

Member: \$85*, Non-Member: \$170*



For more information, contact Alyssa Haakenson at AHaakenson@MyY.org or 859-440-2125.

*There is a 6% Sales Tax added on at the time of registration

MONDAY

8 WEEKS-ONCE/WEEK

6:00–6:30 p.m.	P1 * P2/3 * Y1
6:00–6:45 p.m.	P/Y4
6:35–7:05 p.m.	Y1 * Y2 * Y3
6:50–7:20 p.m.	Adult-Learn to Swim

TUESDAY/THURSDAY

4 WEEKS-TWICE/WEEK

6:05–6:35 p.m.	P1 * P2/3 * Y1
6:05–6:50 p.m.	Y5/6
6:40–7:10 p.m.	P1 * Y2 * Y3
7:15–7:45 p.m.	Adult-Intro to Water * Y1 * Y2

SATURDAY

8 WEEKS-ONCE/WEEK

9:00–9:30 a.m.	P1 * P2 * P3
9:00–9:45 a.m.	P/Y4
9:35–10:05 a.m.	Y1 * Y2 * Y3
9:50–10:35 a.m.	Y5/6
10:10–10:40 a.m.	Swim Starters * P1 * Y2

R.C. DURR WINTER SESSION DATES:

Session 1: January 8–March 2, 2024

Mondays: January 8–February 26 Saturdays: January 13–March 2
Tuesday/Thursdays: January 9–February 1 & February 6–February 29

Session 2: March –April 27, 2024

Mondays: March 4–April 22 Saturdays: March 9–April 27
Tuesday/Thursdays: March 5–28 & April 2–25

Registration Opens–

1st of the month for Members

10th of the month for Non-Members