SWIM LESSONS

Twice Weekly 8 sessions 30 Minutes
Pricing: Y-members | $48  Non-member | $96
Once Weekly 4 sessions 30 Minutes
Pricing: Y-members | $24  Non-member | $48

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.

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.

Twice Weekly 8 sessions 45 minutes
Pricing: Y-members | $58  Non-member | $116
Once weekly, 4 sessions 45 minutes
Pricing: Y-members | $29  Non-member | $58

SWIM BASICS

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.

SWIM STROKE

Teen and Adult
Member pricing $55 / Non-member $116

SWIM BASICS FOR TEENS/ADULTS (40 Minutes)
Monday Wednesday 7pm | Ages 13 and over for the individual who is "terrified of the water". The instructor will gradually help the individual become acclimated to the water and learn to float and begin swimming.

CONTACT
Ed Pacey
epacey@myy.org

Private Swim Lessons
Contact epacey@myy.org for private lessons request to register for 1:1 or 1:2 lessons with our experienced team of instructors in the heated indoor pool.

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. Credits will be issued to the participant’s YMCA account at the end of each session. In the event that a participant is unable to attend a class for any reason, we cannot offer a make up class or credit at this time.