



# AQUATICS SWIM LESSONS

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Register  
Online  
NOW

## STAFF CONTACT

McKenzi Klasinski, Aquatics Director, P 715.952.9377 E [mklasinski@spymca.org](mailto:mklasinski@spymca.org)



## SPRING 1 REGISTRATION INFORMATION:

- **Spring 1 Session:** March 26- May 13  
-YMCA Member Registration: February 27  
-General Public Registration: March 13
- All lessons will meet once per week. See class listings below for prices.

## COVID-19 INFORMATION

- Please monitor your children/family for symptoms of COVID-19. You and your child should stay home if any symptoms are observed.
- Enhanced cleaning and disinfecting procedures are in place. All railings and touchpoints will be disinfected regularly and after closing each day.

## PARENT-CHILD CLASSES AGES 6 MONTHS-3 YEARS

### PARENT/CHILD STAGE A/B: WATER DISCOVERY/WATER EXPLORATION

Infants and toddlers are introduced to the aquatic environment. A parent will accompany their child into the water for each lesson. This class focuses on strengthening the parent and child relationship while teaching the fundamentals of motion in water and water safety. **Class Max: 12**

Class name	Location	Age	Day	Start	End	Y Family Member	Y Youth Member	General Public
Parent and Child Stage A/B	ADV POOL	6 months-3 years	M	9:30 AM	10:00 AM	\$10	\$46	\$70
Parent and Child Stage A/B	ADV POOL	6 months-3 years	M	6:00 PM	6:30 PM	\$10	\$46	\$70
Parent and Child Stage A/B	ADV POOL	6 months-3 years	T	5:15 PM	5:45 PM	\$10	\$46	\$70
Parent and Child Stage A/B:	ADV POOL	6 months-3 years	W	4:30 PM	5:00 PM	\$10	\$46	\$70
Parent and Child Stage A/B:	ADV POOL	6 months-3 years	TH	5:15 PM	5:45 PM	\$10	\$46	\$70
Parent and Child Stage A/B:	ADV POOL	6 months-3 years	TH	9:30 AM	10:00 AM	\$10	\$46	\$70

## PRESCHOOL SWIM LESSONS AGES 3-5 YEARS

Preschool swim lessons allow for children to progress at their own rate. Each level incorporates stroke development, endurance, and personal safety. Successful completion of previous level is required for registration into next level. Lessons are once a week for 35 minutes. **Class Max: 4**

### PRESCHOOL STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. Participants are introduced to floating, kicking, blowing bubbles, and pool safety with an instructor's assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	M	4:30 PM	5:05 PM	\$46	\$70
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	T	4:30 PM	5:05 PM	\$46	\$70
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	T	9:30 AM	10:05 AM	\$46	\$70
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	W	4:30 PM	5:05 PM	\$46	\$70
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	W	5:15 PM	5:50 PM	\$46	\$70
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	TH	9:30 AM	10:05 AM	\$46	\$70
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	TH	6:00 PM	6:35 PM	\$46	\$70
Preschool Stage 1 -Water Acclimation	ADV POOL	3-5 years	SA	11:00 AM	11:35 AM	\$46	\$70

### PRESCHOOL STAGE 2: WATER MOVEMENT

The beginner swimmer continues to adjust to chest-deep water and swimming 10 yards independently. In Stage 2, swimmers continue progress on forward movement, floating, kicking, and blowing bubbles independently. This level also incorporates the basic self-rescue model of "jump, swim, turn, swim, grab" in chest-deep water.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	M	4:30 PM	5:05 PM	\$46	\$70
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	M	5:15 PM	5:50 PM	\$46	\$70
Preschool Stage 2 -Water Movement	ADV POOL	3-5 Years	T	4:30 PM	5:05 PM	\$46	\$70
Preschool Stage 2 -Water Movement	ADV POOL	3-5 Years	T	5:15 PM	5:50 PM	\$46	\$70
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	T	6:00 PM	6:35 PM	\$46	\$70
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	TH	10:15 AM	10:50 AM	\$46	\$70
Preschool Stage 2 -Water Movement	ADV POOL	3-5 years	TH	5:15 PM	5:50 PM	\$46	\$70

### PRESCHOOL STAGE 3: WATER STAMINA

Swimmers strive to improve their existing stroke skills with exposure to treading water, rhythmic breathing, and underwater swimming. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than in previous stages.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Preschool Stage 3 -Water Stamina	ADV POOL	3-5 years	T	10:15 AM	10:50 AM	\$46	\$70
Preschool Stage 3 -Water Stamina	ADV POOL	3-5 years	T	6:00 PM	6:35 PM	\$46	\$70
Preschool Stage 3 -Water Stamina	ADV POOL	3-5 years	W	6:00 PM	6:35 PM	\$46	\$70
Preschool Stage 3 -Water Stamina	ADV POOL	3-5 years	TH	4:30 PM	5:05 PM	\$46	\$70

## YOUTH SWIM LESSONS AGES 6-13 YEARS

Your child will learn personal safety, stroke development, and rescue skills. Lessons are once a week for 35 minutes. **Class Max: 6.**

### YOUTH STAGE 1: WATER ACCLIMATION

New swimmers are introduced to the pool. Participants are introduced to floating, kicking, blowing bubbles, forward motion, and pool safety with an instructor's assistance. This level also introduces underwater exploration and introduces basic self-rescue skills performed with assistance.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	T	4:30 PM	5:05 PM	\$46	\$70
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	T	5:15 PM	5:50 PM	\$46	\$70
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	W	5:15 PM	5:50 PM	\$46	\$70
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	TH	4:30 PM	5:05 PM	\$46	\$70
Youth Stage 1 - Water Acclimation	ADV POOL	6-13 years	SA	9:30 AM	10:05 AM	\$46	\$70

### YOUTH STAGE 2: WATER MOVEMENT

Swimmers continue to build on their floating, kicking, and gliding skills without assistance. This level also incorporates the basic self-rescue model of "jump, push, turn, grab" in deep water as well as introducing treading water. Those that just passed out of youth stage 1 should enroll in Water Movement.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	M	4:30 PM	5:05 PM	\$46	\$70
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	M	6:00 PM	6:35 PM	\$46	\$70
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	T	6:00 PM	6:35 PM	\$46	\$70
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	W	6:00 PM	6:35 PM	\$46	\$70
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	TH	5:15 PM	5:50 PM	\$46	\$70
Youth Stage 2 - Water Movement	ADV POOL	6-13 years	SA	10:15 AM	10:50 AM	\$46	\$70

### YOUTH STAGE 3: WATER STAMINA

Swimmers strive to improve their existing skills from Stage 2. Independent swimming of 15 yards on both front and back will be introduced. Additionally, the basic self-rescue model of "jump, swim, turn, grab" is performed at longer distances than previous stages.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	M	5:15 PM	5:50 PM	\$46	\$70
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	T	5:15 PM	5:50 PM	\$46	\$70
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	4:30 PM	5:05 PM	\$46	\$70
Youth Stage 3 - Water Stamina	ADV POOL	6-13 years	TH	6:00 PM	6:35 PM	\$46	\$70

## YOUTH STAGE 4: STROKE INTRODUCTION

Swimmers strive to improve their existing stroke skills of front and back crawl in addition to learning dolphin and breaststroke kick. This level reinforces water safety through treading water. Additionally, the basic self-rescue model of "jump, swim, turn, swim, grab" is performed at longer distances than previous stages.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	M	5:15 PM	5:50 PM	\$46	\$70
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	T	4:30 PM	5:05 PM	\$46	\$70
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	W	4:30 PM	5:05 PM	\$46	\$70
Youth Stage 4 - Stroke Introduction	ADV POOL	6-13 years	TH	6:00 PM	6:35 PM	\$46	\$70

## YOUTH STAGE 5: STROKE DEVELOPMENT

Swimmers focus on breaststroke and butterfly, and reinforces front crawl, back crawl, and water safety through treading water. Swimmers should be able to swim 25-50 yards of the pool for each stroke.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	M	6:00 PM	6:35 PM	\$46	\$70
Youth Stage 5 - Stroke Development	ADV POOL	6-13 years	W	5:15 PM	5:50 PM	\$46	\$70

## YOUTH STAGE 6: Stroke Mechanics

Refines stroke technique on all major strokes and encourages swimming as part of a healthy lifestyle.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Youth Stage 6 - Stroke Mechanics	ADV POOL	6-13 years	W	6:00 PM	6:35 PM	\$46	\$70

## DIVING CLASS: MUST BE IN YS4-YS6

Swimmers will learn to dive in the deep end of the training pool. Along with comfort in deep water, and lots of new more challenging deep water games. Class will be once a week for 35 min.

Age: 6-13 and must be in swimming levels YS4, YS5, or YS6, and be comfortable in the deep end.

Class name	Location	Age	Day	Start	End	Y Member	General Public
Diving Class	TRA POOL	6-13 years	T	6:00 PM	6:35 PM	\$46	\$70

## PRIVATE SWIM LESSONS

Offered for all ages and ability levels. Students work on swimming skills appropriate for their ability and in accordance with their individual goals. Water safety is stressed to all participants. Lessons are 30 minutes.

**Y Member: 1 Lesson \$25, 4 Lessons \$100**

**General Public: 1 Lesson \$37.50, 4 Lessons: \$150**

**Semi-Private lessons are also available:**

30 minutes • cost is split between 2 participants. **MUST** be close in swimming skills.

To register, please fill out a private swim lesson request form. Forms are available on our website. An aquatic staff member will contact you to arrange times that fit your schedule.

Payment needs to be received before the first scheduled lesson. **Participants must bring their receipts to each lesson as proof of payment.** Please be aware that it may take several weeks to find an instructor, and even longer if you give limited availability.