

## The King George Family YMCA Swim Lesson Swim Schedule (March 6-April 19, 2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Once a week</b> <b>4 lesson sessions</b> <b>March 22-April 19</b>		<b>Once a week</b> <b>4 lesson sessions</b> <b>March 17-April 14</b>
			<b>10:30-11:00 am</b> <b>Any Stage/Ages 5-7</b> <b>11:15-11:45 am</b> <b>Any Stage/Ages 8-12</b> <b>11:00-11:30 am</b> <b>Stage A &amp; B</b> <b>Parent Tot Swim</b>		<b>9:30-10:00 am</b> <b>Stage 2 Preschool</b> <b>Stage 4 Preschool</b> <b>Stage A &amp; B Parent Tot</b> <b>10:15-10:45 am</b> <b>Stage 1 Preschool</b> <b>Stage 3 Preschool</b> <b>Stage 1 &amp; 2 School Age</b> <b>11:00-11:30 am</b> <b>Stage 3 School Age</b> <b>Stage 4&amp;5 School age</b> <b>Stage 2 Teen/Adult</b>
	<b>Flying Fish Sept 12-May 24</b> <b>Any 10 coached Tu/Th see fees below</b>		<b>Flying Fish Sept 12-May 24</b> <b>Any 10 coached Tu/Th see fees below</b>		
<b>Once a week</b> <b>4 lesson sessions</b> <b>March 19-April 16</b>	<b>4:30-5:30pm</b> <b>Stage 5/6 School Age</b>		<b>4:30-5:30pm</b> <b>Stage 5/6 School Age</b>		
	<b>Twice a week</b> <b>8 lesson session</b> <b>March 6-29</b>		<b>Twice a week</b> <b>8 lesson session</b> <b>March 6-29</b>		
<b>5:00-5:30pm</b> <b>Stage 1 Preschool</b> <b>Stage 2 Preschool</b> <b>Stage 3 Preschool</b> <b>5:45-6:15pm</b> <b>Stage 4 Preschool</b> <b>Stage 1 &amp; 2 School Age</b> <b>Stage 3 School Age</b> <b>6:30-7:00pm</b> <b>Stage 4 School Age</b> <b>Stage 5/6 School Age</b> <b>Stage 2 Teen/Adult</b>	<b>5:30-6:00pm</b> <b>Stage 1 Preschool</b> <b>Stage 2 Preschool</b> <b>Stage 3 Preschool</b> <b>6:15-6:45pm</b> <b>Stage 4 Preschool</b> <b>Stage 1 &amp; 2 School Age</b> <b>Stage 3 School Age</b> <b>7:00-7:30pm</b> <b>Stage 4 School Age</b>		<b>5:30-6:00pm</b> <b>Stage 1 Preschool</b> <b>Stage 2 Preschool</b> <b>Stage 3 Preschool</b> <b>6:15-6:45pm</b> <b>Stage 4 Preschool</b> <b>Stage 1 &amp; 2 School Age</b> <b>Stage 3 School Age</b> <b>7:00-7:30pm</b> <b>Stage 4 School Age</b>	<b>LAP LANE CLOSURE</b> <b>Beginning February 2-</b> <b>March 16: ALL Lap Lanes</b> <b>will be unavailable from</b> <b>12-2:15pm due to the</b> <b>2nd Grade Learn to Swim</b> <b>Program. Thank you for</b> <b>supporting our Youth!</b>	
<b>No Lessons April 1-6</b>	<b>No Lessons April 1-6</b>		<b>No Lessons April 1-6</b>		

**NEW PRICE CHANGE!!** Swim lessons are **once a week for 4 weeks \$40m/\$50nmn** or **twice a week for 4 weeks (8 lessons) \$80 mem bers or \$100 non-members**. ALL Lessons are 30 minutes in length. unless otherwise noted. Please wear appropriate swim wear. Goggles without the nose piece are allowed. \*Deck Managers reserve the right to move Youth students based on skill level and pool availability, please follow age suggestions.

### Upcoming Courses:



**April 3-6 (10-6pm) Pre-test prior to course**

**Lifeguarding w/ Adult/ Pediatric CPR/AED & First Aid \$350nm/\$300m**

**Recert-\$250nm/\$200m +\$20nm/\$15 pretest**  
**Get certified in the updated 2017 course!**

# Lessons Offered

## Infant (6 mo-3years)

**Stage A Water Discovery:** both parents and child get excited to be in the water and view swimming as fun. Blowing bubbles, assisted back float and front tow are taught along with water safety.

**Stage B Water Exploration: (2-4 yr. olds)** Parent and child who are not ready to be taught independently, but are ready to work on swimming skills.

## Preschool (3-6 years old)

**Stage 1 Water Acclimation:** beginner class that helps children learn to love the water and develop independent movement. **Must** be potty-trained and follow instruction.

**Stage 2 Water Movement:** must master Stage 1 skills. For children who are happy in the water and must swim without a floatation device 5 yards.

**Stage 3 Water Stamina:** must master Stage 2 skills. Reviews and improves stroke skills on front, back and side, while also building endurance. Must swim 15 yards unassisted.

## School Age (5-12 years old)

**Stage 1 & 2 Water Movement: beginner** swimming with basic skills, including stroke work, gliding, floating & kicking. Swim, float, swim and back glide 10 ft. are taught.

**Stage 3 Water Stamina:** must master Stage 2 skills, swimming without a floatation device 25yds.

**Stage 4 Stroke Introduction: intermediate...** must master Stage 3 skills, can swim the length of the pool on front & back without a floatation device. Students will work on side stroke, breast stroke, butterfly, back stroke, and free style. **Preschool and School Age classes available.**

Questions? Contact:  
**Alexandra Bentz, Aquatics Director**  
[abentz@family-ymca.org](mailto:abentz@family-ymca.org)  
**540-775-9622 x 3020**

**Tarina Silvis, Swim Lesson Coordinator,  
Lifeguard Instructor**  
[tsilvis@family-ymca.org](mailto:tsilvis@family-ymca.org)  
**540-775-9622 x3050**

**Stage 5 Stroke Development: School Age and Preschool classes available:** breaststroke and butterfly introduced and reinforces water safety through treading water and sidestroke.

**Stage 6 Stroke Mechanics (5-16 years old): School Age and Preschool classes available.** Alternative to Swim Team. Focus on stroke development and endurance to improve each swimmer with drills & lap swim. Must be able to swim the length of the pool, float, pick up an object from 9ft & know some basic strokes.

**Flying Fish combines Stage 5 & 6 School Age (6-16 years old):** as an alternative to Swim Team. Runs from Sept 12-May 24. Choose your days to come, sign up for 10 coached lessons. Tues/Thu 4:30-5:30pm \$100m/\$200nm **New!!**  
**Homeschool Beginner and advanced(ages 5-7)(ages 8-12) classes available.** Thursday 10:30-11:45, See above schedule and use our app for more info. Dates follow the KGC school calendar.

**Teen/Adult stages 1 & 2 (ages 13+)** Beginner lessons for teens and Adults. Focus is on swim basics.

**Adapted (6mo-110 yrs.) Adapted Swim Lessons:** for individuals with special needs (physical or developmental.)

**Special Olympics: (6 years+)** Coached swimming for individuals with special needs. (FREE, paperwork needed) Begins in September. Dates TBD.



**OTHER LESSONS AVAILABLE :( Arranged time/day**  
**All Private lessons MUST abide by the lap lane schedule. No lessons during scheduled swim times**  
**Member lap lane must be made available.**  
**Semi-Private (2 students) \$20/\$40nm each per lesson (45 mins)**  
**Private Lessons \$25m/\$50nm per lesson (30 mins)**  
**Adapted Lessons \$55/\$110 for 6 weeks, (30 mins)**

**Pool rental available.**

**Contact the aquatics office for more information.**

**Please arrive early to fill out paperwork and receive a calendar with more information. If a lesson is cancelled or interrupted due to the YMCA or weather we will schedule a makeup lesson for the entire class up to two lessons. If you are unable to attend due to a personal scheduling conflict or illness, there will be no makeup opportunity. \*Deck Managers reserve the right to move or combine students based on skill level and pool availability. Updated 2/6/2018**

