

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Once a week 4 lesson sessions March 22-April 19		Once a week 4 lesson sessions March 17-April 14
			10:30-11:00 am Any Stage/Ages 5-7 11:15-11:45 am Any Stage/Ages 8-12 11:00-11:30 am Stage A & B Parent Tot Swim		9:30-10:00 am Stage 2 Preschool Stage 4 Preschool Stage A & B Parent Tot 10:15-10:45 am Stage 1 Preschool Stage 3 Preschool Stage 1 & 2 School Age 11:00-11:30 am Stage 3 School Age Stage 4&5 School age Stage 2 Teen/Adult
	Flying Fish Sept 12-May 24 Any 10 coached Tu/Th see fees below		Flying Fish Sept 12-May 24 Any 10 coached Tu/Th see fees below		
Once a week 4 lesson sessions March 19-April 16	4:30-5:30pm Stage 5/6 School Age		4:30-5:30pm Stage 5/6 School Age		
	Twice a week 8 lesson session March 6-29		Twice a week 8 lesson session March 6-29		No Lessons March 31- April 6
5:00-5:30pm Stage 1 Preschool Stage 2 Preschool Stage 3 Preschool 5:45-6:15pm Stage 4 Preschool Stage 1 & 2 School Age Stage 3 School Age 6:30-7:00pm Stage 4 School Age Stage 5/6 School Age Stage 2 Teen/Adult No Lessons April 1-6	5:30-6:00pm Stage 1 Preschool Stage 2 Preschool Stage 3 Preschool 6:15-6:45pm Stage 4 Preschool Stage 1 & 2 School Age Stage 3 School Age 7:00-7:30pm Stage 4 School Age Stage 5/6 School Age Stage 2 Teen/Adult No Lessons April 1-6		5:30-6:00pm Stage 1 Preschool Stage 2 Preschool Stage 3 Preschool 6:15-6:45pm Stage 4 Preschool Stage 1 & 2 School Age Stage 3 School Age 7:00-7:30pm Stage 4 School Age Stage 5/6 School Age Stage 2 Teen/Adult No Lessons April 1-6	LAP LANE CLOSURE Beginning February 2- March 16: ALL Lap Lanes will be unavailable from 12-2:15pm due to the 2nd Grade Learn to Swim Program. Thank you for supporting our Youth!	

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
540-775-9622 x 3020

**Tarina Silvis, Swim Lesson Coordinator,
LifeGuard Instructor**
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

