

## King George Family YMCA Swim Lesson Swim Schedule (October 1-29, 2018)

| Monday   | Tuesday   | Wednesday | Thursday  | Friday  | Saturday   |
|--|---|-----------|---|---|--|
|  |   |           |   |   | Once a week<br>4 Lessons Total<br>October 6-27   |
|  |   |           |   |   | 9:30-10:00 am<br>Stage A&B Parent Tot<br>Stage 1 Preschool<br>Stage 2 Preschool<br>10:15-10:45 am<br>Stage 3 Preschool<br>Stage 4 Preschool<br>Stage 4 & 5 School Age<br>11:00-11:30 am<br>Stage 1 School Age<br>Stage 2 School Age<br>Stage 3 School Age<br>11:45-12:15<br>Stage 1-2 Adult<br>11:45-12:45<br>Special Olympics |
| 2-3 PM<br>Swim Practice  |   |           |   |   |  |
| Once a week<br>4 Lessons Total<br>October 1-29   | 4:30-5:30 PM<br>Swim Practice   |           | 2-3 PM &<br>4:30-5:30 PM<br>Swim Practice   |   |  |
| 5:30-6:00pm<br>Stage 1 Preschool<br>Stage 2 Preschool<br>Stage 3 Preschool<br>Stage 4 Preschool<br>6:15-6:45pm<br>Stage A&B Parent Tot<br>Stage 1 School Age<br>Stage 2 School Age<br>Stage 3 School Age<br>7:00-7:30pm<br>Stage 4 School Age<br>Stage 5/6 School Age<br>Stage 2 Teen<br>Stage 1 Adult | Twice a week<br>8 Lessons Total<br>October 2-25   |           | Twice a week<br>8 Lessons Total<br>October 2-25   |   |  |
|  | 5:30-6:00pm<br>Stage 1 Preschool<br>Stage 2 Preschool<br>Stage 3 Preschool<br>6:15-6:45pm<br>Stage 1 School Age<br>Stage 2 School Age<br>Stage 3 School Age<br>7:00-7:30pm<br>Stage 4 Preschool<br>Stage 4 School Age<br>Stage 5/6 School Age |           | 5:30-6:00pm<br>Stage 1 Preschool<br>Stage 2 Preschool<br>Stage 3 Preschool<br>6:15-6:45pm<br>Stage 1 School Age<br>Stage 2 School Age<br>Stage 3 School Age<br>7:00-7:30pm<br>Stage 4 Preschool<br>Stage 4 School Age<br>Stage 5/6 School Age |   |  |
|  |   |           |   | LAP LANE CLOSURE<br>Beginning<br>September 1: ALL<br>Lap Lanes will be<br>unavailable from 12-<br>2:15pm due to the<br>2nd Grade Learn to<br>Swim Program.<br>Thank you for<br>supporting our<br>Youth! |  |
| No Lessons October 8   |   |           |   |   | *Special Olympics is free.<br>Paperwork must be filled<br>out prior to participation.<br>Please call Ali for details.<br>(540)775-9622 ext. 3020   |

**Swim lessons are once a week for 4 weeks \$35m/\$50nmn or twice a week for 4 weeks (8 lessons) \$60 members or \$90 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 students based on skill level and pool availability. Please follow age suggestions.**

Join us for the Creepy Crawley Carnival October 19, & 20!



# Lessons Offered

## Infant (6 mo-2years)

**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:** (1-2 yr. olds) Parent and child who are not ready to be taught independently, but are ready to work on swimming skills.

## Preschool (3-5 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 (6-12 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 ext. 3020.**

**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.

## Swim Practice (6-16 years old):

A flexible alternative to swim team. Program fees incurred monthly. Cost-\$50 for the 1st child registered, \$40 for the 2nd child, \$30 for the 3rd child, and all subsequent children in a family unit are free! Consecutive attendance encouraged, but not required. August 28-December 20. Mon. 2-3 PM, Tues. 4:30-5:30 PM, Thurs. 2-3 PM, or 4:30-5:30 PM. Pre-test required for participation, and can be taken at the beginning of any scheduled practice. Participants must be able to swim a 50 Freestyle, a 50 Backstroke without stopping/struggling, and have knowledge of breaststroke, and butterfly.

**Teen/Adult stages 1 & 2 (ages 13-19)** 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.



## **Private Lessons Available On Request**

Private Lessons \$25 per student for 30 minutes.  
Semi-Private (2 or more students) \$20 per child for 45 minutes.

Private lesson question?-Please contact Dara Peluso, Swim Lesson Coordinator at [dpeluso@family-ymca.org](mailto:dpeluso@family-ymca.org), or 540-775-9622 ext. 3050.