

King George Family YMCA Swim Lesson Schedule (January 7-February 4, 2019)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p style="text-align: center;">Once a week 4 Lessons Total January 5-26</p>
<p style="text-align: center;">Swim Practice 2-3 PM Level 2 4:30-5:15 PM Level 1 5:15-6:15 PM Level 2</p>					<p style="text-align: center;">9:30-10:00 am Stage A&B Parent Tot Stage 1 Preschool Stage 2 Preschool 10:15-10:45 am Stage 3 Preschool Stage 4 Preschool Stage 4 & 5 School Age 11:00-11:30 am Stage 1 School Age Stage 2 School Age Stage 3 School Age 11:45-12:15 Stage 1-2 Adult</p>
<p style="text-align: center;">Once a week 4 Lessons Total January 7-February 4</p>	<p style="text-align: center;">Swim Practice 4:30-5:15 PM Level 1 5:15-6:15 PM Level 2</p>		<p style="text-align: center;">Swim Practice 2-3 PM Level 2 4:30-5:15 PM Level 1 5:15-6:15 PM Level 2</p>		
	<p style="text-align: center;">Twice a week 8 Lessons Total January 8-31</p>		<p style="text-align: center;">Twice a week 8 Lessons Total January 8-31</p>		
<p style="text-align: center;">4:30-5:00pm Stage 1 Preschool Stage 2 Preschool 5:15-5:45pm Stage 3 Preschool Stage 1 School Age 6:00-6:30pm Stage 2 School Age Stage 3 School Age</p>	<p style="text-align: center;">5:00-5:30pm Stage 1 Preschool Stage 2 Preschool 5:45-6:15pm Stage 3 Preschool Stage 4 Preschool Stage 1 School Age Stage 2 School Age 6:30-6:45pm Stage 3 School Age Stage 4 School Age Stage 1-2 Adult</p>		<p style="text-align: center;">5:00-5:30pm Stage 1 Preschool Stage 2 Preschool 5:45-6:15pm Stage 3 Preschool Stage 4 Preschool Stage 1 School Age Stage 2 School Age 6:30-6:45pm Stage 3 School Age Stage 4 School Age Stage 1-2 Adult</p>		
<p style="text-align: center;">No Lessons 1/21</p>					

Swim lessons are once a week for 4 weeks \$35m/\$50nm 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.

New Class Available! Swim Practice Level 1, & Level 2!!!
See back for details or use the contact information listed.



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
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. Pre-test required for participation, and can be taken at the beginning of any scheduled practice.

(Recommended ages 6-9) Level 1, swimmers must be able to swim the length of the pool rhythmic breathing freestyle or backstroke to enter into this group.

(Recommended ages 10 and up) Level 2, 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, or 540-775-9622 ext. 3050.