SWIM LESSONS
MASSAD FAMILY YMCA – WINTER 2019

SESSION DATES
Monday & Wednesday
1/7-1/31/19
2/4-2/27/19
Saturday Mornings
1/5-2/23/19

FEES
Member $60
Non-Member $90

PARENT/CHILD: 6 MO–2 YEARS
MONDAYS & WEDNESDAYS
Parent/Child A 9:45–10:15am
Parent/Child B: 4:30–5:00pm
SATURDAYS
Parent/Child A: 9:30–10:00am
Parent/Child B: 10:15–11:45am

PRESCHOOL: 3–5
MONDAYS & WEDNESDAYS
Stage 1 4:30– 5:00pm
Stage 1 5:10– 5:40pm
Stage 2 5:10– 5:40pm
Stage 3 5:10– 5:40pm
SATURDAYS
Stage 1 8:45– 9:15am
Stage 1 9:30– 10:00am
Stage 2 9:30– 10:00am
Stage 3 9:30–10:00am

HOMESCHOOL: 4–12
MONDAYS & WEDNESDAYS
Beginner $50/$80 12:30–1:00pm
Intermediate $50/$80 1:00–1:30pm

SCHOOL AGE: 6–12
MONDAYS & WEDNESDAYS
Stage 1 5:55–6:35pm
Stage 2 5:55–6:35pm
Stage 3 5:55–6:35pm
Stage 4 6:40–7:20pm
Stages 5–6 6:40–7:20pm
SATURDAYS
Stage 1 10:15– 10:55am
Stage 2 10:15– 10:55am
Stage 3 10:15– 10:55am
Stage 4 11:00– 11:40am
Stages 5–6 11:00– 11:40am

TEEN/ADULT: 13+
MONDAYS & WEDNESDAYS
Teen/Adult Beginner 6:40–7:20pm
SATURDAYS
Teen/Adult Beginner 8:45– 9:25am
Teen/Adult Intermediate 8:45– 9:25am

ADAPTED
SATURDAYS
Adapted 11:00–11:40am

MASSAD FAMILY YMCA
212 Butler Road
Fredericksburg, VA 22405

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Swim Lesson Coordinator
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SWIM STAGES

PARENT/CHILD 6 mo–2 years

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 able to follow instruction.

Stage 2 – Water Movement: Must master Stage 1 skills. For children who are comfortable 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.

Stage 5 – Stroke Development: Breaststroke and butterfly introduced and reinforces water safety through treading water and sidestroke.

Stage 6 – Stroke Mechanics (6–12 years old): 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 for ages 6–16. Program fees incurred monthly. 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.

Tuesdays & Fridays from 2:30–3:30pm
Massad Family YMCA Wellness Pool
$35 per child (per month)

TEEN/ADULT 13–19 years old

Beginner & Intermediate lessons offered for teens and Adults.

ADAPTED 4–12 years old

Adapted Swim Lessons: for individuals with special needs (physical or developmental.)

25% OFF SWIM LESSONS

Present this coupon at the time of registration and receive 25% off swim lessons!

Limit one per person. Cannot be combined with any other offer, discount or scholarship.

Valid through February 28, 2019

STAFF USE:
Date Redeemed: __________ Initials: __________