



SAFETY AROUND WATER / SWIM LESSONS



**SPRING
SESSIONS**



**Spring I
Mar 4 to Apr 28**

GREATER VALLEY YMCA, ALLENTOWN BRANCH

gv-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING SESSIONS



Spring I
Mar 4 to Apr 28

REGISTER ONLINE
or at the Welcome Center



Teaching children how to be safe around water is not a luxury; it is a necessity. The Y is "America's Swim Instructor" and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming.

GROUP SWIM LESSONS

NEW and improved swim lesson program! Our swim lessons help adults, parents and kids who was to learn a life skill by increasing their knowledge, ability, and stamina to build smart, strong swimmers and confident kids!

Fees Below

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Age 3 and older. Private and semi-private swim lessons consists of 30 minute lessons. For more information and to schedule lessons please contact the Aquatics Department.

	Private	Semi-Private
Member	\$27	\$22 per participant
Non-member	\$42	\$34 per participant

Special Members Only Lesson Packages
\$125 for Six (6) 30 min private lessons
\$99 per participant for Six (6) 30 min semi private lessons

v2

LESSON DESCRIPTIONS

A&B/WATER DISCOVERY & WATER EXPLORATION

Ages 6 months to 36 months. Introduces infants and toddlers to the aquatic environment. Focuses on fundamental safety and aquatics skills. Parent attends class with child.

Saturday 11 AM

1/WATER ACCLIMATION

Ages 3 to 12 years. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Mon/Wed/Thu 5:45 PM
Sat 9:00 AM

2/WATER MOVEMENT

Ages 3 to 12 years. Encourages forward movement in water and basic self-rescue skills that will be performed independently.

Mon/Wed/Thu 6:30 PM
Sat 9:45 AM

3/WATER STAMINA

Ages 3 to 12 years. Develops intermediate self rescue skills that are performed at longer distances than in previous stages.

Mon/Wed/Thu 5:00 PM
Sat 10:30 AM

4/STROKE INTRODUCTION

Ages 3 to 12 years. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Mon/Wed/Thu 7 PM
Sat 11:45

5/STROKE DEVELOPMENT

Ages 6 to 12 years. Introduces breaststroke and butterfly and reinforces safety through treading water and using the sidestroke.

Mon/Wed/Thu 7:30 PM
Sat 12:15 PM

6/STROKE MECHANICS

Ages 6 to 12 years. Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Mon/Wed/Thu 7:30 PM
Sat 12:15 PM

ADULT GROUP SWIM LESSONS

Ages 16 to 99 years. Available for adults both at beginner and intermediate swim levels. Adults will learn to feel more safe and comfortable in water.

Tuesday
Beginner 7:30 PM
Intermediate 8:30 PM

Member Spring I \$68
Non Member \$100

SESSION	DATES TO NOTE	FEE	
		REGISTRATION OPEN	
		FEB 11 MEMBER	FEB 18 NON MEMBER
Spring I	Group Lessons - One Lesson Per Week	\$62	\$98

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY