



SWIM LESSONS



**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, ALLENTOWN BRANCH

gv-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING I SESSION



Mar 2 to Apr 26

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	\$28	\$23 per participant
Non-member	\$43	\$35 per participant

Special Members Only Lesson Packages
\$130 for Six (6) 30 min private lessons
\$109 per participant for Six (6) 30 min semi private lessons

STAGE DESCRIPTIONS

A/WATER DISCOVERY

Ages 6 mo to 17 mo. Parent/child class that introduces infants and toddlers to the aquatic environment.

Saturday 11 AM

B/WATER EXPLORATION

Ages 18 mo to 3 years. Parent/child class that focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Saturday 11 AM

1/WATER ACCLIMATION

Ages 3 to 5 years / Ratio 1:5
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Mon or Wed 5 PM
Thursday 5:45 PM
Saturday 9 AM

2/WATER MOVEMENT

Ages 3 to 5 years / Ratio 1:5
Encourages forward movement in water and basic self-rescue skills performed independently.

Mon or Wed 5:45 PM
Thursday 6:30 PM
Saturday 9:45 AM

3/WATER STAMINA

Ages 3 to 5 years / Ratio 1:5
Develops intermediate self-rescue skills performed at longer distance.

Mon or Wed 6:30 PM
Thursday 5 PM
Saturday 10:30 AM

4/STROKE INTRODUCTION

Ages 3 to 5 years / Ratio 1:5
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary.

Mon or Wed 6:30 PM
Saturday 11:45 AM

1/WATER ACCLIMATION

Ages 6 to 12 years / Ratio 1:6
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Mon or Wed 5 PM
Thursday 5:45 PM
Saturday 9 AM

2/WATER MOVEMENT

Ages 6 to 12 years / Ratio 1:6
Encourages forward movement in water and basic self-rescue skills performed independently.

Mon or Wed 5:45 PM
Thursday 6:30 PM
Saturday 9:45 AM

3/WATER STAMINA

Ages 6 to 12 years / Ratio 1:6
Develops intermediate self-rescue skills performed at longer distances.

Mon or Wed 6:30 PM
Thursday 5 PM
Saturday 10:30 AM

4/STROKE INTRODUCTION

Ages 6 to 12 years / Ratio 1:8
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary.

Mon or Wed 6:30 PM
Saturday 11:45 AM

5/STROKE DEVELOPMENT

Ages 6 to 12 Years / Ratio 1:10
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Mon or Wed or Thu 7 PM
Saturday 12:15 PM

6/STROKE MECHANICS

Ages 6 to 12 Years / Ratio 1:10
Refines stroke technique on all major competitive strokes.

Mon or Wed or Thu 7: PM
Saturday 12:15 PM

REGISTRATION OPEN

Member Feb 10
Non Member Feb 17

SESSION	DATES TO NOTE	FEE	
		MEMBER	NON MEMBER
Spring I	8 Week Session / 1 Class Per Week	\$64	\$99

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY