



SWIM LESSONS



**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, BETHLEHEM 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

ADULT SWIM LESSONS

Ages 15 to 99 years. Learn how to swim, be safe in and around the water or refine your swimming skills.

Wednesday	6:30 PM - 15 yrs & older
Saturday	2:30 PM - 18 yrs & older
Member	\$68
Non Member	\$100

STAGE DESCRIPTIONS

A/WATER DISCOVERY

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

Saturday 9:00 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 9:30 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 5:15 PM
Thursday 4:30 PM
Saturday 9:00 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 5:15 PM
Thursday 4:30 PM
Saturday 9:00 AM

3/WATER STAMINA

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

Mon or Wed 5:15 PM
Thursday 4:30 PM
Saturday 9:00 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 5:15 PM
Thursday 4:30 PM
Saturday 9:00 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 6:00 PM
Thursday 5:15 PM
Saturday 9:45 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 6:00 PM
Thursday 5:15 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 6:00 PM
Thursday 5:15 PM
Saturday 9:45 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 6:00 PM
Saturday 9:45 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 6:00 PM
Saturday 9:45 AM

6/STROKE MECHANICS

Ages 6 to 12 years
Refines stroke technique on all major competitive strokes.

Monday 6:00 PM
Saturday 9:45 AM

TEEN BEGINNER SWIM LESSONS

Ages 12 to 17 years. Designed for the teen beginner swimmer. Learn to feel comfortable by putting face in the water, floating on front and back. Introduction to stroke development. Learn breathing and kicking. Equipment included. Goal to swim unassisted for a minimum distance of 10 yards.

Saturday 10:15 AM

REGISTRATION OPEN

Member Feb 10
Non Member Feb 17

FEE

SESSION	DATES TO NOTE	MEMBER	NON MEMBER
Spring I	Per Program, One Lesson Per Week	\$64	\$99

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY