



SWIM LESSONS



**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, EASTON/P'BURG 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 want 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
\$105 per participant for Six (6) 30 min semi private lessons

ADULT SWIM LESSONS

Ages 16 years and older. Learn how to swim, be safe in and around the water or refine your swimming skills.

Monday	6:30 PM
Member	\$64
Non Member	\$99

STAGE DESCRIPTIONS

A/WATER DISCOVERY

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

Thursday	4:30 PM
Saturday	9:30 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.

Thursday	4:30 PM
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 Thu	4:30 PM
Saturday	9:30 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 Thu	5:15 PM
Saturday	10:15 AM

3/WATER STAMINA

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

Mon or Thu	5:15 PM
Saturday	10:15 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 Thu	5:15 PM
Saturday	10:15 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 Thu	6 PM
Saturday	11 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 Thu	6 PM
Saturday	11 AM

3/WATER STAMINA

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

Mon or Thu	6 PM
Saturday	11 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 Thu	6:45 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 Thu	6:45 PM
Saturday	11:45 AM

6/STROKE MECHANICS

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

Mon or Thu	6:45 PM
Saturday	11:45 AM

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