



SAFETY AROUND WATER / SWIM LESSONS



**SPRING
SESSIONS**



**Spring I
Mar 4 to Apr 28**

GREATER VALLEY YMCA, NAZARETH 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

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LESSON DESCRIPTIONS

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

Monday	5 PM
Saturday	9 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.

Monday	5:30 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.

Monday	4:30 PM
Tuesday	5:30 PM
Wednesday	5:30 PM
Thursday	6 PM
Saturday	9:30 AM

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

Monday	4:30 PM
Tuesday	5:30 PM
Thursday	6 PM
Saturday	9:30 AM

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

Tuesday	5:30 PM
Thursday	6 PM
Saturday	9:30 AM

4/ STROKE INTRODUCTION
Ages 3 to 5 years / Ratio 1:5
Develop stroke technique in front crawl & back crawl and learn breaststroke and butterfly kick.

Thursday	6 PM
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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.

Monday	5 PM
Tuesday	6 PM
Saturday	10 AM

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

Monday	5 PM
Wednesday	6 PM
Saturday	10 AM

3/WATER STAMINA
Ages 6 to 12 years / Ratio 1:6
Develops intermediate self-rescue skills performed at longer distance.

Tuesday	6 PM
Saturday	10 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 backstroke.

Wednesday	6 PM
Saturday	10 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.

Wednesday	6 PM
Saturday	10 AM

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.

Thursday	5:30 PM
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SESSION	DATES TO NOTE	FEE	
		REGISTRATION OPEN	
		FEB 11 MEMBER	FEB 18 NON MEMBER
Spring I	Per Program, One Lesson Per Week	\$62	\$98

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY