



SWIM LESSONS



**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, NAZARETH 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

SWIM TEAM

A developmental, CO-ED TEAM open to swimmers of all competitive levels ages 5 to 21 years. Visit our website for more information: neys.swimtopia.com



STAGE 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
Tue or Wed	5:30 PM
Thursday	6 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.

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 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.

Saturday	10 AM
Thursday	6 PM

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	10:30 AM

2/WATER MOVEMENT

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

Monday	5 PM
Wednesday	6 PM
Saturday	10:30 AM

3/WATER STAMINA

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

Tuesday	6 PM
Saturday	9:30 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.

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.

Thursday	5:30 PM
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REGISTRATION OPEN

Member	Feb 10
Non Member	Feb 17

FEE

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

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY

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