



## Lakota Family YMCA Swim Lesson Program

Session Dates		Registration Dates Begin
<b>Winter I (5 Weeks)</b>	January 8th—February 10th	Member: December 18th Non Member: December 20th
<b>Winter II (5 Weeks)</b>	February 19th—March 24th	Member: February 13th Non Member: February 15th
<b>Spring (6 Weeks)</b>	April 9th—May 12th	Member: April 3rd Non Member: April 5th

### Swim Lessons Progression System

#### SWIM STARTERS

**AquaBabies: Water Discovery and Exploration**—Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

#### SWIM BASICS

**Level 1: Water Acclimation**— Students will increase comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. To advance, students must be able to do five relaxed bobs with air exchange.

**Level 2: Water Movement**— Encourages forward movement in water and basic self-rescue skills performed independently. To advance, students must push off the wall and glide on their front and back for 5 seconds in a streamline position.

**Level 3: Water Stamina**— Develops intermediate self-rescue skills performed at longer distances than in previous stages. To advance, students must streamline kick on front and back for 15 feet, front crawl with arms for 15 feet, and rollover from their fronts to their backs.

#### SWIM STROKES

**Level 4: Stroke Introduction**— Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. To advance, students must front crawl with rotary breathing and back crawl 15 yards

**Level 5: Stroke Development**— Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. To advance, swimmers must front crawl with rotary breathing for 25 yards, swim Backstroke 25 yards, and side glide both right and left sides 25 yards and kick 25 yards.

**Level 6: Stroke Mechanics**— Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. To advance, swimmer must complete 50 yards Freestyle and 50 yards Backstroke with good stroke technique.

#### PATHWAYS

**Pre-Competitive Swim Team-Little Rays** is for students who are ready to advance their swimming skills to all 4 swimming strokes; Butterfly, Backstroke, Breaststroke, & Freestyle. This group will focus on building the swimmers strength and endurance in every stroke through drills, multiple lengths, and on deck coaching. This group gives the swimmer the feeling of being on a swim team and allows a child to build their confidence in swimming for an easy transition to a more competitive team such as the Lakota YMCA Stingrays!

If interested in swimming on the Lakota Stingrays Swim Team, please contact the Head Coach Tom Cuticchia at [tom.cuticchia@lakotaymca.com](mailto:tom.cuticchia@lakotaymca.com).

### Registration Policy

Advanced registration with full payment is required for programs. The YMCA is a member driven organization. Members have earlier registration dates than non-members. Please check registration dates for your sign-up days. Registration begins at 8:00 am. **Online registration is your best way to get into a class each session.** Go to [www.lakotaymca.com](http://www.lakotaymca.com) to register and go to "Enroll in Programs" by category. If you do not have an account, contact the Welcome Center prior to the registration dates to receive an account. Walking in on registration day is your second best option. Calling in to be set up on registration day is not recommended, since this puts you in a call que and would prevent you from getting into a specific class or session.

**\*If you do not get into a class, make sure to enroll so that you will be added to the waitlist. We will open classes as we can.**

**If you have any questions or would like a FREE evaluation please contact  
[Aquaticsdepartment@lakotaymca.com](mailto:Aquaticsdepartment@lakotaymca.com).**

**Lakota Family YMCA**  
**Winter and Spring 2018**  
**Learn to Swim Class Schedule**

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>AquaBabies (6-36 Months)</b> 30 min.	9:30-10:00				10:00-10:30
<b>Level 1</b> 30 min.	5:30-6:00	12:30-1:00	12:30-1:00 5:30-6:00	9:30-10:00	10:30-11:00 11:00-11:30
<b>Level 2</b> 30 min.	10:30-11:00 5:30-6:00	1:00-1:30	5:30-6:00	10:00-10:30	10:30-11:00 11:00-11:30
<b>Level 3</b> 30 min.	11:00-11:30 6:00-6:30	1:30-2:00	1:00-1:30 6:00-6:30		10:30-11:00 11:00-11:30
<b>Level 4</b> 30 min.	10:00-10:30 6:00-6:30	2:00-2:30	1:30-2:00 6:00-6:30	10:30-11:00	11:30-12:00 12:00-12:30
<b>Level 5</b> 30 min.	6:30-7:00		2:00-2:30 6:30-7:00		11:30-12:00 12:00-12:30
<b>Level 6</b> 30 min.	6:30-7:00		6:30-7:00		11:30-12:00 12:00-12:30
<b>Little `Rays</b> 45 min.	7:00-7:45		7:00-7:45		9:45-10:30
	<small>Note: Swimmer must have an evaluation, passed Level 6, or have already been in Little Rays to Register</small>				
<b>Adult Group Beginner/Advance</b> 45 min.					9:00-9:45

**Price List**  
**6 Week Session**

Class	Member	Non-Member
<b>AquaBabies – Level 6</b> (30 min.)	<b>\$40</b>	<b>\$60</b>
<b>Little `Rays</b> (45 min.)	<b>\$60</b>	<b>\$90</b>
<b>Adult Saturday</b> (45 min)	<b>\$60</b>	<b>\$90</b>

**Private Lessons Fees**  
**Members Only**

Please contact the Aquatics Department at  
 Aquaticsdepartment@lakotaymca.com to  
 schedule your private lessons.

Packages	Private	Semi-private (max. 2 swimmers)
1 Lesson 30 min.	<b>\$35</b>	<b>\$40</b>
5 lessons 30 min.	<b>\$150</b>	<b>\$175</b>

**Rules and Procedures**

- Swimmers should line up behind their appropriate sign 5 minutes prior to class start.
- **Goggles are highly recommended.**
- We highly encourage parents to review with their children what has been taught to the swimmers **after** class.
- Membership to Lakota Family YMCA is required to use the rest of the facility. For Membership information please contact the Welcome Center.
- Opposite sex in the Men’s and Women’s locker rooms is strictly prohibited. Board of Health does not allow changing on deck or diaper changing on the pool deck. Please use the Family Locker Room.
- **NO REFUNDS.** If a swimmer needs to withdraw from a session, a credit will be issued up to the start of the current session.
- Any classes missed will not be refunded unless cancelled by the Lakota Family YMCA. There are no guarantee of a make-up. If needing a make-up during the session please contact email **Aquaticsdepartment@lakotaymca.com** for make-up information. Make-ups will only be available during the session you are registered.