



Lakota Family YMCA Swim Lesson Program

Session Dates		Registration Dates Begin
Winter I (6 Weeks)	January 7— February 16	Members: December 18 Non Member: December 20
Winter II (6 Weeks)	February 18 — April 6 *NO CLASS 3/16– 3/22*	Member: February 12 Non Member: February 14
Spring I (6 Weeks)	April 8 — May 25 *NO CLASS 4/20—4/22*	Member: April 1 Non Member: April 3

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 in a streamline position and float on their back independently for 10 seconds.

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, rollover from front to back, and tread water for 30 seconds.

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, and elementary backstroke 15 yards and have endurance to swim 25 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 butterfly stroke must show simultaneous arm action and kick.

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 25 yards butterfly, 50 yards front crawl, back crawl, elementary backstroke, and breaststroke with flip turns and good stroke technique.

Pre-Competitive Swim Team— 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.

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 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 queue 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.**

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 Kristen Graf at Aquatics.department@lakotaymca.com for make-up information. Make-ups will only be available during the session you are registered.

Lakota Family YMCA Learn to Swim Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
AquaBabies (6-36 Months) 30 min.				10:30-11:00	10:00-10:30
Level 1 30 min.	5:30-6:00	11:30-12:00	5:30-6:00	9:30-10:00	10:30-11:00 11:00-11:30
Level 2 30 min.	5:30-6:00 6:00-6:30	12p-12:30	5:30-6:00	10:00-10:30	10:30-11:00 11:00-11:30
Level 3 30 min.	5:30-6:00 6:00-6:30	12:30-1:00	6:00-6:30	11:00-11:30	10:30-11:00 11:00-11:30
Level 4 30 min.	6:30-7:00 7:00-7:30	1:00-1:30	6:00-6:30	11:30-12:00	11:30-12:00 12:00-12:30
Level 5 30 min.	6:30-7:00		6:30-7:00		11:30-12:00 12:00-12:30
Level 6 30 min.	7:00-7:30		6:30-7:00		11:30-12:00 12:00-12:30
Little `Rays 45 min.	7:30-8:15				9:45-10:30
Adult Group 45 min.					9:00-9:45

*Times are subject to change

Price List 6 Week Session

Class	Member	Non-Member
AquaBabies – Level 6 (30 min.)	\$48	\$72
Little `Rays (45 min.)	\$72	\$108
Adult Saturday (45 min)	\$72	\$108

If you have any questions or would like a
FREE evaluation please contact Kristen Graf at
Aquatics.department@lakotaymca.com.

Private Lessons Fees Lakota YMCA Members Only (Ages 3+)

Please contact Kristen Graf at
Aquatics.department@lakotaymca.com to
schedule your private lessons.

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