



## Lakota Family YMCA Summer 2020 Swim Lesson Program

Session Dates		Registration Dates Begin
Summer I (4 Weeks)	June 1—June 27	Member: May 26 Non Member: May 28
Summer II (4 Weeks)	July 6—August 1	Member: June 30 Non-Member: July 2
Rapid Fire I (2 Weeks)	June 1—June 11 Monday-Thursday	Member: May 26 Non Member: May 28
Rapid Fire II (2 Weeks)	June 15—June 25 Monday-Thursday	Member: June 18 Non-Member: June 19
Rapid Fire III (2 Weeks)	July 6—July 16 Monday-Thursday	Member: June 30 Non-Member: July 2
Rapid Fire IV (2 Weeks)	July 20—July 30 Monday-Thursday	Member: July 16 Non-Member: July 17

### 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.

#### Little Rays

**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! The student needs to have taken Little Rays before, or passed Guppy Level at the Lakota Y or given permission by the Aquatics Director before registering for this class.

#### Rules and Procedures

**-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 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 please contact Patrick Sauer by email for Make-up information. Make-ups will only be available during the session you are registered.

### **Registration Policy**

Advanced registration with full payment is required for programs. The YMCA is a member driven organization. Members have priority registration over non-member registrations.

**ONLINE REGISTRATION:** Online Registration begins at 8:00 am. Members and Non-members: If took lessons during the 2018-2019 School Year and your email and phone number are up-to-date in our computer system, you should have an "account" online. Go to our website ([www.lakotaymca.com](http://www.lakotaymca.com)) and go to "Enroll in Programs" by category. You do not need to "Create Account"; you can hit "Forgot Password" and an email will be sent to you. If you do not know whether your information is up-to date, please contact the front desk prior to registering online to check your information in our system. **NOTE: Online registration is your best way to get into a class each session.** Registration starts at 8:00am on registration day. 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.

# Lakota Family YMCA Summer 2019 Learn to Swim Class Schedule

Class	Monday	Wednesday	Saturday	Rapid Fire Monday thru Thursday 2 weeks
<b>AquaBabies (6-36 Months)</b> 30 min.	10:00-10:30 AM	10:00-10:30 AM	10:00-10:30 AM	
<b>Level 1</b> 30 min.	10:30-11:00 AM 6:00-6:30 PM	10:30-11:00 AM 6:00-6:30 PM	10:30-11:00 AM 11:00-11:30 PM	9:30-10:00 AM
<b>Level 2</b> 30 min.	10:30-11:00 AM 6:00-6:30 PM	10:30-11:00 AM 6:00-6:30 PM	10:30-11:00 AM 11:00-11:30 PM	9:30-10:00 AM
<b>Level 3</b> 30 min.	10:30-11:00 AM 6:30-7:00 PM	10:30-11:00 AM 6:30-7:00 PM	10:30-11:00 AM 11:00-11:30 AM	9:30-10:00 AM
<b>Level 4</b> 30 min.	11:00-11:30 AM 6:30-7:00 PM	11:00-11:30 AM 6:30-7:00 PM	11:30-12:00 AM 12:00-12:30 PM	10:00-10:30 AM
<b>Level 5</b> 30 min.	11:00-11:30 AM 7:00-7:30 PM	11:00-11:30 AM 7:00-7:30 PM	11:30-12:00 AM 12:00-12:30 PM	10:00-10:30 AM
<b>Level 6</b> 30 min.	11:00-11:30 AM 7:00-7:30 PM	11:00-11:30 AM 7:00-7:30 PM	11:30-12:00 AM 12:00-12:30 PM	10:00-10:30 AM
<b>Little Rays Pre-Competitive Swim Team</b> 45 min.			9:45-10:30 AM	
<b>Adult Group Beginner/ Advance</b> 45 min.			9:00-9:45 AM	

**\*Times subject to  
change**

**\* Updated 4/9/19**

## Price List

Class	Member	Non- Member
<b>AquaBabies —Level 6</b> (30 min.)	<b>\$32</b>	<b>\$48</b>
<b>Little Rays and Adults</b> (45 min.)	<b>\$48</b>	<b>\$72</b>
<b>Rapid Fire Level 1-6 Monday-Thursday 2 weeks (30 min.)</b>	<b>\$64</b>	<b>\$96</b>

## Private Lessons Fees Members Only

Please email Patrick Sauer  
to set up your private lessons.  
Patrick.Sauer@lakotaymca.com

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

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