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SWIM LESSONS at LAKOTA FAMILY YMCA

Summer Sessions:

SUMMER 1:	6/1 - 6/27 (4wks)
SUMMER 2:	7/13 - 8/8 (4wks)
RAPID FIRE 1:	6/1 - 6/27 (2wks, Mon-Thurs)
RAPID FIRE 2:	6/15 - 6/25 (2wks, Mon-Thurs)
RAPID FIRE 3:	7/13 - 7/23 (2wks, Mon-Thurs)
RAPID FIRE 4:	7/27 - 8/6 (2wks, Mon-Thurs)

REGISTRATION DATES:

Lakota Y Member: 5/18	Non-Members: 5/20
Lakota Y Member: 6/22	Non-Members: 6/24
Lakota Y Member: 5/18	Non-Members: 5/20
Lakota Y Member: 6/10	Non-Members: 6/12
Lakota Y Member: 6/22	Non-Members: 6/24
Lakota Y Member: 7/22	Non-Members: 7/24

Session Fees:

SUMMER 1 & 2:

RAPID FIRE 1-4:

LAKOTA Y MEMBERS:

\$50 (Aquababies–Level 6)

\$72 (Little Rays & Adult)

\$86 (Aquababies–Level 6)

NON-MEMBERS:

\$76 (Aquababies–Level 6)

\$100 (Little Rays & Adult)

\$126 (Aquababies–Level 6)

AquaBabies: Water Discovery and Exploration (6 months–36 months)

Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Level 1: Water Acclimation (3yrs & up)

Students will increase comfort with 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.

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, swimmer must front crawl with rotary breathing for 25 yards, and backstroke for 25 yards and side glide both right and left 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 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: (45 minutes)

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!

Adult Swim Lessons (45 minutes)

This program is structured for both beginning and advanced swimmers. The group will be separated into beginning and advanced levels. Each session is offered to students of all abilities.

Accessible Swim Lessons

This program builds water safety skills through patience, repetition, and fun — helping kids feel comfortable and confident in the water.

- Inclusive and sensory-friendly
- Led by caring, trained instructors
- Limited space available!

We're proud to offer FREE swim lessons designed especially for children with autism, thanks to the support of EmPath For Autism and our generous donors.

Registration Policy

Advanced registration with full payment is required for programs. 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 "Online Portal". 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.

REGISTER AT LAKOTAYMCA.COM

LESSON SELECTOR

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

Class	Rapid Fire Mon-Thurs	Monday	Wednesday	Saturday
AquaBabies (6-36 Months) 30 min.				10:00-10:30a
Level 1 30 min.	9:10-9:40a	10:20-10:50a 5:30-6:00p	10:20-10:50a 5:30-6:00p	10:35 - 11:05a
Level 2 30 min.	9:45-10:15a	10:55-11:25a 6:05-6:35p	10:55-11:25a 6:05-6:35p	11:10 - 11:40a
Level 3 30 min.	9:10-9:40a	10:20-10:50a 5:30-6:00p	10:20-10:50a 5:30-6:00p	10:35 - 11:05a
Level 4 30 min.	9:45-10:15a	10:55-11:25a 6:05-6:35p	10:55-11:25a 6:05-6:35p	11:10 - 11:40a
Level 5 30 min.	9:10-9:40a	10:20-10:50a 6:40-7:10p	10:20-10:50a 6:40-7:10p	11:45 - 12:15p
Level 6 30 min.	9:45-10:15a	10:55-11:25a 6:40-7:10p	10:55-11:25a 6:40-7:10p	11:45 - 12:15p
Little 'Rays 45 min.				
Accessible Swim Lessons 30 min.				9:15a - 9:45a
Adult Group Beginner/Advance 45min.				8:00 - 8:45a