



# SWIM LESSONS at LAKOTA FAMILY YMCA

## FALL SESSIONS:

**Fall 1:** 9/14/2026-10/24/2026 (6wks)

**Fall 2:** 11/9/2026-12/19/2026 (5wks)

## REGISTRATION DATES:

**Lakota Y Member:** 8/17/2026

**Non-Members:** 8/19/2026

**Lakota Y Member:** 10/26/2026

**Non-Members:** 10/28/2026

\*\*\*\*\*NO LESSONS 11/23/2026 - 11/29/2026 IN OBSERVANCE OF THANKSGIVING

**Please get on the waitlist if the class is full. We will continue to evaluate and add classes as needed.**

## Session Fees:

## LAKOTA Y MEMBERS:

## NON-MEMBERS:

### Fall 1

**Aquababies – Level 6 & Accessible Swim Lessons  
Little Rays & Adult Lessons**

**\$76.50  
\$114.50**

**\$115.50  
\$172.50**

### Fall 2

**Aquababies – Level 6 & Accessible Swim Lessons  
Little Rays & Adult Lessons**

**\$63.75  
\$95**

**\$96.25  
\$143.75**

## **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](http://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                                     | Monday     | Wednesday  | Saturday                                 |
|-------------------------------------------|------------|------------|------------------------------------------|
| AquaBabies<br>(6–36 Months)<br>30 min.    |            |            | 10:00–10:30a                             |
| Level 1 30 min.                           | 5:30–6:00p | 5:30–6:00p | 10:35 – 11:05a                           |
| Level 2 30 min.                           | 6:05–6:35p | 6:05–6:35p | 11:10 – 11:40a                           |
| Level 3 30 min.                           | 5:30–6:00p | 5:30–6:00p | 10:35 – 11:05a                           |
| Level 4 30 min.                           | 6:05–6:35p | 6:05–6:35p | 11:10 – 11:40a                           |
| Level 5 30 min.                           | 6:40–7:10p | 6:40–7:10p |                                          |
| Level 6 30 min.                           |            | 6:40–7:10p |                                          |
| Little 'Rays 45 min.                      | 6:30–7:15p |            |                                          |
| Accessible Swim Lessons 30 min.           |            |            | 9:15a – 10:00a<br>11:45a–12:30p (Fall 1) |
| Adult Group<br>Beginner/Advance<br>45min. |            |            | 8:00 – 8:45a                             |