



FALL SWIM LESSONS

NORTHWEST FAMILY YMCA

PLEASE NOTE:

1. Children who are not potty trained need to be in a vinyl diaper.
2. Classes require a 3 participant minimum. If your class has 2 or less enrolled you will be contacted regarding other available options.
3. Classes will be canceled in the event of inclement weather or pool mechanical issues.

SWIM STARTERS

RATIO 1:12

Babies learn to be comfortable in the water & develop swim readiness skills. **Must be accompanied by a parent or guardian 18 or over.

Discovery



WATER DISCOVERY**

6 -36 Months

SATURDAYS

8:10-8:40 am

Exploration



WATER EXPLORATION**

18-36 Months

SATURDAYS

8:40-9:10 am

SWIM BASICS

RATIO 1:6

Students learn personal water safety and achieve basic swimming competency by learning benchmark skills such as jump, push, turn, grab AND swim, float, swim.

Acclimation



WATER ACCLIMATION

Ages 3-12

SATURDAYS

9:15-9:45 am (3-5 yrs)

9:15-9:45 am (6-12 yrs)

WEEKDAYS

4:30-5:00 pm (3-5 yrs)

5:15-5:45 pm (6-12 yrs)

Movement



WATER MOVEMENT

Ages 3-12

SATURDAYS

9:45-10:15 am (3-5 yrs)

9:45-10:15 am (6-12 yrs)

WEEKDAYS

4:30-5:00 pm (3-5 yrs)

5:15-5:45 pm (6-12 yrs)

Stamina



WATER STAMINA

Ages 3-12

SATURDAYS

10:30-11:00 am (3-5 yrs)

10:30-11:00 am (6-12 yrs)

WEEKDAYS

6:00-6:30 pm (3-5 yrs)

6:00-6:30 pm (6-12 yrs)

SWIM STROKES

RATIO 1:6

Having mastered the fundamentals, students learn additional water safety skills and build stroke techniques.

Introduction



STROKE INTRODUCTION

Ages 3-12

SATURDAYS

11:15-11:45 am (4-6yrs)

11:15-11:45 am (7-12yrs)

WEEKDAYS

6:45-7:15 pm (4-6 yrs)

6:45-7:15 pm (7-12 yrs)

Basics



SWIM BASICS ADULT

Ages 13+ | Teen & Adult

SATURDAYS

Noon-12:30 pm

QUESTIONS?

CHELSEA RANDOLPH
Aquatics Director

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MONTHLY LESSONS: AUGUST - NOVEMBER

WEEKDAY CLASSES

Fee*: \$55 Member
\$100 Nonmember
*\$15 Late Registration Fee

Note: Classes canceled during the week will be made up on Fridays.

Mon/Wed

Aug. 7-30
Sept. 6-27*
Oct. 2-25
Oct. 30-Nov. 29**

*No class Sept. 4, make-up Sept. 8

**No classes Nov. 20 -23

Tues/Thurs

Aug. 8-31
Sept. 5-28
Oct. 3-26
Oct. 31-Nov. 30**

SATURDAY CLASSES

Fee*: \$30 Member
\$60 Nonmember
*\$15 Late Registration Fee

When: Sept. 9, 16, 23, 30
Oct. 7, 14, 21, 28
Nov. 4, 11, 18, Dec. 2



SWIM LESSON SELECTOR

WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A

**WATER
DISCOVERY**

Will the student go under water voluntarily?

NOT YET

1

**WATER
ACCLIMATION**

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

NOT YET

2

**WATER
MOVEMENT**

Can the student swim 10-15 yards on his/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**
PRIVATE LESSONS ONLY

FREQUENTLY ASKED QUESTIONS

Can we swim before/after swim lessons?

If you are a member you can swim during the family/open swim times. Be sure to check the pool schedule. If you are a non-member you cannot swim outside of swim lessons. See the front desk to inquire about membership.

Will there be inclement weather make-up classes?

If it is the first/second class we will add additional time to each following lessons. If more than two class make-up dates will be announced by the Aquatics Director ONLY.

Can we switch teachers?

You cannot switch teachers due to gender preference or favoritism.

Where can I watch my child swim?

You can sit on the bleachers or on the benches in the hallway. Being on the edge of the pool distracts not only your child's progress but the progress of the entire class.

Can I take photos? You are more than welcome to take photos of your children, but be mindful of other children, their parents, and facility staff. Do not tag anyone you do not personally know and

do not tag any staff members. You are welcome to tag our facility -

[@northwestymca](https://www.instagram.com/northwestymca)

What to eat before swim lessons?

Snacks are always encouraged before swim lessons. Refrain from feeding your child a full meal right before lessons in case they swallow water. Their meal may end up in the pool.

How many lessons do we need to take before my child can swim?

Every child learns at a different rate and every child has a different goal for their swimming experience.