

Decatur Family YMCA Swim Lessons

SWIM STARTERS for Parent & Child 6 months—3 years

One Lesson per Week: \$22 Members/\$37 Non-Members
NO LESSONS MONDAY, SEPTEMBER 3RD

Stage A

Introduces infants and toddlers to aquatic environment

<u>Stage A.</u> Water	Tuesday 5:30—6:00 p.m.	Thursday 5:30p—6:00p
Discovery	Saturday 9:00—9:30 a.m.	

Stage B

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

<u>Stage B.</u> Water	Monday, 5:40—6:10 p.m.	Wednesday 5:40—6:10 p.m.
Exploration	Saturday 9:45—10:15 a.m.	

SWIM BASICS & SWIM STROKES for Preschool 3-5 years

One Lesson per Week: \$40 Members/\$68 Non-Members
Two Lessons per Week: \$75 Members/\$130 Non-Members
NO LESSONS MONDAY, SEPTEMBER 3RD

Stage 1

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

<u>Stage 1.</u> Water	Monday 4:00—4:40 p.m.	Thursday 4:45—5:25 p.m.
	Monday 5:30—6:10 p.m.	Thursday 6:15—6:55 p.m.
Acclimation	Tuesday 4:45—5:25 p.m.	Saturday 9:00—9:40 a.m.
	Tuesday 6:15 —6:55 p.m.	
	Wednesday 4:00—4:40 p.m.	
	Wednesday 5:30—6:10 p.m.	

Stage 2

Encourages forward movement in water and basic self-rescue skills performed independently.

<u>Stage 2.</u> Water	Monday 4:45—5:25 p.m.	Thursday 9:00—9:40 a.m.
	Monday 6:15— 6:55 p.m.	Thursday 4:00—4:40 p.m.
Movement	Tuesday 4:00—4:40 p.m.	Thursday 5:30—6:10 p.m.
	Tuesday 5:30—6:10 p.m.	Saturday 9:45—10:25 a.m.
	Wednesday 4:45—5:25 p.m.	
	Wednesday 6:15—6:55 p.m.	

Stage 3

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

<u>Stage 3.</u> Water	Monday 4:45—5:25 p.m.	Wednesday 6:15—6:55 p.m.
	Monday 6:15—6:55 p.m.	Thursday 4:00—4:40 p.m.
Stamina	Tuesday 4:00—4:40 p.m.	Thursday 5:30—6:10 p.m.
	Tuesday 5:30 —6:10 p.m.	Saturday 9:00—9:40 p.m.
	Wednesday 4:45—5:25 p.m.	

Stage 4

Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

<u>Stage 4.</u> Stroke	Monday 4:00—4:40 p.m.	Wednesday 5:30—6:10 p.m.
	Monday 5:30—6:10 p.m.	Thursday 4:45—5:25 p.m.
Introduction	Tuesday 4:45—5:25 p.m.	Thursday 6:15—6:55 p.m.
	Tuesday 6:15—6:55 p.m.	Saturday 9:45—10:25 a.m.
	Wednesday 4:00—4:40 p.m.	

SWIM BASICS AND SWIM STROKES for School Age 6-12 years

One Lesson per Week: \$40 Members/\$68 Non-Members
 Two Lessons per Week: \$75 Members/\$130 Non-Members
 NO CLASSES MONDAY, SEPTEMBER 3RD

Stage 1

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 1.	Monday 4:00—4:40 p.m.	Wednesday 4:00—4:40 p.m.
Water	Monday 5:30—6:10 p.m.	Wednesday 5:30—6:10 p.m.
Acclimation	Tuesday 4:45—5:25 p.m. Tuesday 6:15—6:55 p.m.	Thursday 4:45—5:25 p.m. Thursday 6:15—6:55 p.m. Saturday 9:00-9:40 a.m.

Stage 2

Encourages forward movement in water and basic self-rescue skills performed independently.

Stage 2.	Monday 4:45—5:25 p.m.	Wednesday 4:45—5:25 p.m.
Water	Monday 6:15- 6:55 p.m.	Wednesday 6:15—6:55 p.m.
Movement	Tuesday 4:00—4:40 p.m. Tuesday 5:30—6:10 p.m.	Thursday 4:00—4:40p.m. Thursday 5:30—6:10 p.m. Saturday 9:45—10:25 a.m.

Stage 3

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Stage 3.	Monday 4:45—5:25 p.m.	Wednesday 4:45—5:25 p.m.
Water	Monday 4:45—5:25 p.m.	Wednesday 6:15—6:55 p.m.
Stamina	Tuesday 4:00—4:40 p.m. Tuesday 5:30—6:10 p.m.	Thursday 4:00—4:40p.m. Thursday 5:30—6:10 p.m. Saturday 9:00—9:40 a.m.

Stage 4

Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

Stage 4.	Monday 4:00 —4:40 p.m.	Wednesday 4:00—4:45 p.m.
Stroke	Monday 5:30—6:10 p.m.	Wednesday 5:30—6:10 p.m.
Introduction	Tuesday 4:45—5:25 p.m. Tuesday 6:15—6:55 p.m.	Thursday 4:45—5:25 p.m. Thursday 6:15—6:55 p.m. Saturday 9:45—10:25 p.m.

Stage 5

Introduces breaststroke and butterfly and reinforces water safety through treading water and

Stage 5.	Monday 5:30—6:10 p.m.
Stroke	Wednesday 6:15—6:55 p.m.
Development	Saturday 9:00—9:40 a.m.

Stage 6

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Stage 6.	Monday 6:15—6:55 p.m.
Stroke	Wednesday 6:15—6:55 p.m.
Mechanics	Saturday 9:45—10:25 a.m.

SWIM BASICS AND SWIM STROKES for Teen & Adult 12 + years

Recommended skills for all to have around water & Skills to support a healthy life style

One Lesson per Week: \$40 Members/\$68 Non-Members
 Two Lessons per Week: \$75 Members/\$130 Non-Members

Stages 1-6 are available for Teens & Adults based on skill testing.

Stage 1.-6.	Wednesday 6:15—6:55 p.m.	Saturday 11:15—11:55 a.m.
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