



Southwest Family YMCA WINTER & SPRING 2018 SWIM LESSONS

CLASS LEVELS

SWIM STARTERS

Parents accompany their infant or toddler in the water, exploring fundamentals like blowing bubbles, back floats and essential safety around water skills.

SWIM BASICS

Swimmers will progress through classes that help teach safety around the water, increase comfort with underwater exploration, introduce self rescue skills, encourage forward movement and momentum. Classes will also introduce rhythmic breathing with integrated movements.

SWIM STROKES

Swimmers that have advanced beyond Swim Basics will progress through learning techniques for front crawl, back crawl, breaststroke kick, butterfly kick and elementary backstroke. Safety skills are reinforced through continued work on treading water and sidestroke. More advanced swimmers will refine technique for all major competitive strokes.

STROKE AND TURN

This program will act as a bridge for those participants who have surpassed the most advanced level of swim lessons and are striving to swim on a competitive swim team. Participants must be able to swim 50 meters continuously without a flotation device and must be able to demonstrate all 4 competitive strokes. Swimmers will learn competitive swimming skills with emphasis on stroke development and developing a healthy lifestyle.

STRONG SWIMMERS START HERE

The Y has been teaching swimming for over 100 years, with nationally certified and highly trained instructors. Our lessons focus on essential, life-saving skills and techniques, while helping encourage swimming as an excellent tool for life-long wellness. Swim lessons provide a wealth of benefits that go far beyond the water.

Remember, the Y is for everyone and financial assistance is available to ensure access for all.

SWIM STARTERS AGES 6 MONTHS-3 YEARS

Tuesday Lessons 6 weeks, 1x a week

Time:
5:30 – 6 p.m.
6:15 – 6:45 p.m.

Session Dates:
Jan 9 – Feb 13
Feb 20 – March 27
April 10 – May 15

Fees:
\$41 Facility Members
\$80 Program Members

Thursday Lessons 6 weeks, 1x a week

Time:
5:30 – 6 p.m.
6:15 – 6:45 p.m.

Session Dates:
Jan 11 – Feb 15
Feb 22 – March 29
April 12 – May 17

Fees:
\$41 Facility Members
\$80 Program Members

Saturday Lessons 6 weeks, 1x a week Time:

10 – 10:30 a.m.
10:45 – 11:15 a.m.

Session Dates:
Jan 13 – Feb 17
Feb 24 – March 24
April 14 – May 19 (No class May 5)

Fees:
\$41 Facility Members
\$80 Program Members



PRESCHOOL • SWIM BASICS • AGES 3-5

Monday, Tuesday, Wednesday, OR Thursday Lessons 6 weeks, 1x a week

Time:
5:30 – 6:10 p.m.
6:15 – 6:55 p.m.

Session Dates:
April 9 – May 14 (Mondays)
Jan 9 – Feb 13 (Tuesdays)
Feb 20 – March 27 (Tuesdays)
April 10 – May 15 (Tuesdays)
April 11 – May 16 (Wednesdays)
Jan 11 – Feb 15 (Thursdays)
Feb 22 – March 29 (Thursdays)
April – May 17 (Thursdays)

Fees:
\$41 Facility Members
\$80 Program Members

Saturday Lessons 6 weeks, 1x a week

Time:
10 – 10:40 a.m.
10:45 – 11:25 a.m.

Session Dates:
Jan 13 – Feb 17
Feb 24 – March 24
April 14 – May 19 (No class May 5)

Fees:
\$41 Facility Members
\$80 Program Members

YOUTH LESSONS • SWIM BASICS & SWIM STROKES • AGES 6-12

Monday, Tuesday, Wednesday, OR Thursday Lessons 6 weeks, 1x a week

Time:

5:30 – 6:10 p.m.
6:15 – 6:55 p.m.

Session Dates:

April 9 – May 14 (Mondays)
Jan 9 – Feb 13 (Tuesdays)
Feb 20 – March 27 (Tuesdays)
April 10 – May 15 (Tuesdays)
April 11 – May 16 (Wednesdays)
Jan 11 – Feb 15 (Thursdays)
Feb 22 – March 29 (Thursdays)
April – May 17 (Thursdays)

Fees:

\$41 Facility Members
\$80 Program Members

Saturday Lessons 6 weeks, 1x a week

Time:

10 – 10:40 a.m.
10:45 – 11:25 a.m.

Session Dates:

Jan 13 – Feb 17
Feb 24 – March 24
April 14 – May 19 (No class May 5)

Fees:

\$41 Facility Members
\$80 Program Members

TEEN/ADULT LESSONS • AGES 13+

Tuesday or Thursday Lessons 6 weeks, 1x a week

Time:

6:15 – 6:55 p.m.

Session Dates:

Jan 9 – Feb 13
Feb 20 – March 27
April 10 – May 15
Jan 11 – Feb 15
Feb 22 – March 29
April 12 – May 17

Fees:

\$41 Facility Members
\$80 Program Members

Saturday Lessons 6 weeks, 1x a week

Time:

10 – 10:40 a.m.

Session Dates:

Jan 13 – Feb 17
Feb 24 – March 24
April 14 – May 19 (No class May 5)

Fees:

\$41 Facility Members
\$80 Program Members

ADAPTIVE LESSONS

Lessons will be scheduled based on need and each swimmer will have a one-on-one meeting with the instructor to discuss goals and adapt the lessons to encourage success. Though additional options may be added as needed, we currently have the following class available for registration:

Saturday Lessons 6 weeks, 1x a week

Time:

11:45 – 12:25 p.m.

Session Dates:

Jan 13 – Feb 17
Feb 24 – March 24
April 14 – May 19 (No class May 5)

Fees:

\$41 Facility Members
\$80 Program Members

PRIVATE & SEMI-PRIVATE LESSONS

Lessons will be adapted for each student to encourage greatest success. Though additional options may be added as needed, we currently have the following classes available for registration:

Monday Lessons 6 weeks, 1x a week

Time:

4 – 4:30 p.m.
4:45 – 5:15 p.m.

Session Dates:

Jan 8 – Feb 12
Feb 19 – March 26
April 9 – May 14

Fees:

\$106 Facility Members (Private)
\$156 Program Members (Private)
\$76 Facility Members (Semi-Private)
\$106 Program Members (Semi-Private)

Wednesday Lessons 6 weeks, 1x a week

Time:

7:15 – 7:45 p.m.

Session Dates:

Jan 10 – Feb 13
Feb 21 – March 28
April 11 – May 16

Fees:

\$106 Facility Members (Private)
\$156 Program Members (Private)
\$76 Facility Members (Semi-Private)
\$106 Program Members (Semi-Private)

Saturday Lessons 6 weeks, 1x a week

Time:

1 – 1:30 p.m.
1:45 – 2:15 p.m.

Session Dates:

Jan 13 – Feb 17
Feb 24 – March 24
April 14 – May 19 (No class May 5)

Fees:

\$106 Facility Members (Private)
\$156 Program Members (Private)
\$76 Facility Members (Semi-Private)
\$156 Program Members (Semi-Private)

SUPER SWIMMERS CLUB

Keep swimming and save! Swimmers who participate in 4 consecutive sessions of swim lessons will get \$10 off the fifth session.

Register online at ymcalouisville.org or ask our front desk for help with registration.

Questions? Email mmussler@ymcalouisville.org or call 502.933.9622.