



SWIM LESSON SCHEDULE

BRANCH: Northside YMCA

Summer 2019: June 17th-July 21st

Summer 2 2019: July 22nd-August 25th

\$5 late fee added after session

Members: Earlybird Registration \$31, Open Registration \$36

Community Participants: Earlybird Registration \$41, Open Registration \$46

Earlybird Registration Deadlines: Summer 1 (6/2)

MONDAY	
Class (Ages)	Time (pm)
Preschool Stage 1 (3-5)	6:15-6:45
Preschool Stages 3&4 (3-5)	5:40-6:10
Youth Stage 1/2 (5-12)	4:30-5:00
Youth Stage 4 (5-12)	6:50-7:20
Youth Stage 5 (5-12)	5:05-5:35

THURSDAY	
Class (Ages)	Time (pm)
Preschool Stage 1 (3-5)	6:15-6:45
Preschool Stage 2 (3-5)	5:40-6:10
Preschool Stages 3&4 (3-5)	6:50-7:20
Youth Stages 1&2 (5-12)	4:30-5:00
Youth Stage 3 (5-12)	5:05-5:35

TUESDAY	
Class (Ages)	Time (pm)
Preschool Stage 1 (3-5)	4:30-5:00
Preschool Stage 2 (3-5)	5:05-5:35
Youth Stages 1&2 (5-12)	5:40-6:10
Youth Stage 4 (5-12)	6:15-6:45
Adult/Teen Stages 1&2 (12+)	6:50-7:20

SATURDAY	
Class (Ages)	Time (am)
Parent/Child Stages A&B (6mo-3yrs)	9:30-10:00
Preschool Stage 1 (3-5)	10:05-10:35
Preschool Stage 1 (3-5)	11:15-11:45
Preschool Stage 2 (3-5)	10:40-11:10
Preschool Stages 3&4 (3-5)	11:15-11:45
Youth Stages 1&2 (5-12)	9:30-10:00
Youth Stages 1&2 (5-12)	10:40-11:10
Youth Stage 3 (5-12)	10:05-10:35
Youth Stage 3 (5-12)	10:40-11:10
Youth Stage 4 (5-12)	10:05-10:35
Youth Stage 5 (5-12)	9:30-10:00
Youth Stage 6 (5-12)	11:15-11:45
Adult/Teen Stages 1&2 (12+)	11:50-12:20

WEDNESDAY	
Class (Ages)	Time (pm)
Parent/Child Stages A&B (6mo-3yrs)	5:40-6:10
Preschool Stage 2 (3-5)	6:50-7:20
Youth Stage 1/2 (5-12)	4:30-5:00
Youth Stage 3 (5-12)	6:15-6:45
Youth Stage 6 (5-12)	5:05-5:35

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YES	A / WATER DISCOVERY	SWIM STAIRS	Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. In Stage B, parents work with their children to explore body positions, and fundamental safety and aquatic skills.
Is the student comfortable working with an instructor without a parent in the water?	NOT YES	B / WATER EXPLORATION	SWIM STAIRS	
Will the student go underwater voluntarily?	NOT YES	1 / WATER ACCLIMATION	SWIM BASICS	Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.
Can the student do a front and back float on his or her own?	NOT YES	2 / WATER MOVEMENT	SWIM BASICS	In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.
Can the student swim 10-15 yards on his or her front and back?	NOT YES	3 / WATER STAMINA	SWIM BASICS	In Stage 3, students learn how to swim for safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.
Can student swim 15 yards of front and back crawl?	NOT YES	4 / STROKE INTRODUCTION	SWIM STROKES	Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YES	5 / STROKE DEVELOPMENT	SWIM STROKES	Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YES	6 / STROKE MECHANICS	SWIM STROKES	In Stage 6 students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

If you have any questions, please contact the Aquatic Department at (414)374-9434 or (414)374-9488