



SWIM LESSON SCHEDULE

BRANCH: Northside YMCA

Winter 1 2020: Jan. 6th-Feb. 23rd

\$5 late fee added after session starts

Members: Earlybird Registration \$43, Open Registration \$48
Community Participants: Earlybird Registration \$57, Open Registration \$62
 Earlybird Registration Deadlines: Winter 1 (12/31)

MONDAY	
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

WEDNESDAY	
Class (Ages)	Time (pm)
Parent/Child Stages A&B (6mo-3yrs)	4:30-5:00
Preschool Stage 2 (3-5)	5:40-6:11
Preschool Stages 3&4 (3-5)	6:50-7:11
Youth Stages 1&2 (5-12)	6:15-6:45
Youth Stage 3 (5-12)	5:05-5:35

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

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	YES	NOT YET	A / WATER DISCOVERY	CHILDREN IN WATER 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?	YES	NOT YET	B / WATER EXPLORATION	
Will the student go underwater voluntarily?	YES	NOT YET	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. 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. In Stage 3, students learn how to swim to 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 the student do a front and back float on his or her own?	YES	NOT YET	2 / WATER MOVEMENT	
Can the student swim 10-15 yards on his or her front and back?	YES	NOT YET	3 / WATER STAMINA	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. 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. 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.
Can student swim 15 yards of front and back crawl?	YES	NOT YET	4 / STROKE INTRODUCTION	
Can the student swim front crawl, back crawl, and breaststroke across the pool?	YES	NOT YET	5 / STROKE DEVELOPMENT	
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	YES	NOT YET	6 / STROKE MECHANICS	

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



SHALLOW WATER AEROBICS

BRANCH: Northside YMCA

Fall 1 2019: Sept. 3rd-Oct. 27th

Members: Free

Community Participants: \$43 (Can attend any/all classes in the session pass was purchased)

MONDAY	
Instuctor:	Time:
Vicki	9:00am-10:00am
Freeda	6:30pm-7:30pm

WEDNESDAY	
Instuctor:	Time:
Freeda	9:00am-10:00am
Kelly	6:00pm-7:00pm

FRIDAY	
Instructor:	Time:
Mary	9:00am-10:00am



WHY WATER AEROBICS?

Make the most of resistive qualities of water to help increase your flexibility, cardio fitness level, and muscle strength. Perfect for first-time exercisers, currently active or those looking for a good workout. This class is taught in chest deep water. Participants should be comfortable in the water but do not need to have swimming skills.

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