

SOUTH YMCA

SWIM LESSONS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY CLASSES	AGES	TIME	MON	TU	WED	TH	FR	SA
SWIM STARTERS (REQUIRES PARENT PARTICIPATION) - ages 6 months - 2 years 30-min class								
WATER DISCOVERY	6mo-2	30 min	5:00P		5:00P			9:30A
WATER EXPLORATION	2-3	30 min	5:30P		5:30P			10:15A
PRESCHOOL AGE LESSONS - ages 3-5 45-min class								
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress to the next level once skills have been mastered. LEVEL 1 - Water Acclimation LEVEL 2 - Water Movement LEVEL 3 - Water Stamina LEVEL 4 - Stroke Intro			5:15P	12:30P 6:15P	10:30A 5:15P	10:15A 6:15P		9:00A 10:00A
SCHOOL AGE LESSONS - ages 6 & up 45-min class								
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress to the next level once skills have been mastered. LEVEL 1 - Water Acclimation LEVEL 2 - Water Movement LEVEL 3 - Water Stamina LEVEL 4 - Stroke Intro LEVEL 5 - Stroke Development LEVEL 6 - Stroke Mechanics			5:15P	6:15P	5:15P	6:15P		9:00A 10:00A
HOMESCHOOL	3-17	45 min	12:30P					
TEEN SWIM	12-17	45 min				7:15P		11:00A
ADULT	17+	45 min						7:00A
SWIM ACADEMY (Meets 2x per week)								
LEVEL I	6+	45 min	6:15P		6:15P			
LEVEL II & III	6+	45 min		6:15P		6:15P		
Gym & Swim- ages 1-12 60-min class (30 min gymnastics, 30 min swimming)								
Parent Participation	1-3	30 min						10:45A-gym 11:30A-swim
PRESCHOOL	3-5	30 min						10:15A-gym 11:00A-swim
Youth	6-12	30 min						10:15A-gym 11:00A-swim

MONTHLY CLASSES - \$27/MO.

- Levels for preschool (ages 3-5) and youth (age 6 & up)
- Swimmers will be taught water safety, & fundamentals of swimming progressing through several levels as they accomplish our aquatics goals.
- Classes meet once per week - one month commitment
- Register online at ymcawichita.org or at any Greater Wichita YMCA location

ACADEMY CLASSES - \$54/meets 2x/wk

- Focus will be on intensive swim skill development, as swimmers continue to build confidence in the water
- Levels I-III available, with classes offered throughout the year at Andover, El Dorado, South & Northwest YMCAs
- Requires approval of the Aquatics Director, for ages 6-18
- Class fees payable via bankdraft
- Online registration is not available for Academy classes.

SWIM TEAM - Fees vary depending on level. Additional costs for personal equipment, meet fees & swim association dues may apply.

- Swimmers train year-round on stroke mechanics, swimming skills & team building
- Compete at local, state & national levels as part of the USA Swimming & Missouri Valley Swimming Associations

For a try-out for swim team contact:

Andover All-Stars

Al Stephenson, 733.9622 x1726 or al.stephenson@ymcawichita.org

Northwest Neptunes

Nate Jensen, 260.9622 or neptunesswimming@ymcawichita.org