



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NORTHWEST YMCA SWIM LESSONS

MONTHLY CLASSES	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
<b>SWIM STARTERS (REQUIRES PARENT PARTICIPATION) - ages 6 months - 2 years   30-min class</b>									
WATER DISCOVERY	6mo-2	30 min		9:00A	8:30A 7:00P			12:00P	
WATER EXPLORATION	2-3	30 min		9:30A	8:30A 7:00P			12:00P	
<b>PRESCHOOL AGE LESSONS - ages 3-5   45-min class</b>									
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				10:00A 5:00P 6:00P	9:00A 5:00P 6:00P	10:00A 5:00P 6:00P		9:00A 10:00A 11:00A	
<b>SCHOOL AGE LESSONS - ages 6 &amp; up   45-min class</b>									
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				5:00P 6:00P	5:00P 6:00P	5:00P 6:00P		9:00A 10:00A 11:00A	
<b>ADULT LESSONS</b>	18 +	45 min			7:00P			8:00A	
<b>ADAPTIVE LESSONS</b>	ANY	45 min	5:00P						
<b>SWIM ACADEMY (Meets 2x per week in the lap pool)</b>									
LEVEL I	6+	45 min			6:00P			10:00A	
LEVEL II	6+	45 min			6:00P			10:00A	
LEVEL III	6+	45 min			6:00P			10:00A	
<b>SWIM TEAM - NORTHWEST NEPTUNES</b>									
NORTHWEST NEPTUNES			4:00P- 8:00P	4:00P- 8:00P	4:00P- 7:00P	4:00P- 8:00P	4:00P- 7:00P	8:00A- 10:00A	

## MONTHLY CLASSES - \$24/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](http://ymcawichita.org) or at any Greater Wichita YMCA location

## ACADEMY CLASSES - \$48/MO. 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 YMCA & Northwest YMCA
- 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 swim team try-out contact:  
Northwest Neptunes  
Candace Pearson, 260.9622 or [neptunesswimming@ymcawichita.org](mailto:neptunesswimming@ymcawichita.org) for swim team evaluations.