

EAST YMCA SWIM LESSONS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY CLASSES

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SWIM STARTERS (REQUIRES PARENT PARTICIPATION) - ages 6mo-2years | 30 min class

WATER DISCOVERY					9:00A	9:00A	
WATER EXPLORATION					9:30A	9:30A	

SWIM BASICS (PRESCHOOL AGE LESSONS)— age 3-5 | 45 min class

After evaluation, each swimmer will be placed in the appropriate level and will progress to the next level once the goals have been achieved.

LEVEL 1—Water Acclimation	10:00A	10:00A	9:00A	10:00A	10:00A	9:30A	
LEVEL 2— Water Movement	4:30P	11:00A	(Homeschool)	11:00A	(ELC)	10:30A	
LEVEL 3—Water Stamina	5:30P	4:30P	10:00A	4:30P	11:00A		
LEVEL 4—Stroke Intro	6:30P	5:30P	4:30P	5:30P			
		6:30P	5:30P	6:30P			
			6:30P				

SWIM STROKES (SCHOOL AGE LESSONS) —6 & up | 45min class

After evaluation, each swimmer will be placed in the appropriate level and will progress to the next level once the goals have been achieved.

LEVEL 1—Water Acclimation	4:30P	4:30P	4:30P	4:30P		9:30A	
LEVEL 2— Water Movement	5:30P	5:30P	5:30P	5:30P		10:30A	
LEVEL 3—Water Stamina	6:30P	6:30P	6:30P	6:30P			
LEVEL 4—Stroke Intro							
LEVEL 5— Stroke Development							
LEVEL 6—Stroke Mechanics							

SWIM ACADEMY (meets 2x per week) - 6 & up | 60 min class

LEVEL I		5:30P		5:30P			
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ADULT SWIM—14 & up | 45 min class

		6:30P		6:00A			
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Triathlon Swim Training 18 & up | 60 min class

		6:00A					
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PRIVATE & SEMI-PRIVATE LESSONS --all ages | 30-min class

Please contact Aquatics Director at 316-928-2609 to schedule lesson dates and times.
Private- \$20 member/\$40 non-member per session | Semi-private- \$15 member/\$35 non-member per session

MONTHLY CLASSES - \$27 member/\$47 non-member per month.

- 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

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@ymcawi

ACADEMY CLASSES - \$53 member/\$73 non-member per month 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 backdraft
- Online registration is not available for Academy classes.

