

Registration Information

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacation, illness, other activities, etc.) Class cancellations made by YMCA will be rescheduled.

Online Registration Available - ymcalincoln.org

To receive your user ID and pin number, please contact the Fallbrook YMCA desk at 323-6444

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.



Swim Lessons

Summer 2012

Contact Information

Kathy Steele
(402) 323-6434
ksteele@ymcalincoln.org

Swim Lessons

Group and private swim lessons are offered for ages 6months through adult.

Session & Registration Dates

Morning

Session Dates	Registration Dates	Y Members	Non Members	Begins
May 29 - June 7	Y Members	Begins May 22	Non Members	Begins May 24
June 11- June 21	Y Members	Begins June 5	Non Members	Begins June 7
June 25 - July 5	Y Members	Begins June 19	Non Members	Begins June 21
July 9 - July 19	Y Members	Begins July 3	Non Members	Begins July 5
July 23 - August 2	Y Members	Begins July 17	Non Members	Begins July 19

Morning classes meet Monday - Thursday for two weeks.

No classes will be held Monday, May 28 or Wednesday, July 4.

Evening

Session Dates	Registration Dates	Y Members	Non Y Members	Begins
May 7 - May 24	Y Members	Begins May 1	Non Y Members	Begins May 3
May 29 - June 14	Y Members	Begins May 22	Non Members	Begins May 24
June 18 - July 5	Y Members	Begins June 12	Non Members	Begins June 14
July 9 - July 26	Y Members	Begins July 3	Non Members	Begins July 5

Evening classes meet twice a week for three weeks.

No classes will be held Monday, May 28 or Wednesday, July 4.

Saturday

Session Dates	Registration Dates	Y Members	Non Members	Begins
June 9 - July 14	Y Members	Begins May 22	Non Members	Begins May 24

Saturday classes meet once a week for six weeks.

Time

See inside of this brochure swim lesson schedules (days/times).

Fees - Group Lessons

Class prices will be prorated for the Memorial Day & 4th of July.

6 lesson session	Evening & Saturday classes
Y Member \$24	
Y Non-Member \$48	

8 lesson session	Weekday morning classes
Y Member \$32	
Y Non-Member \$64	

Fees - Private Lessons

Y Member	\$80 for six lessons
Y Non-Member	\$125 for six lessons

Fallbrook Y

Cooper	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
6767 S. 14th Street Lincoln, NE 68512 (402) 323-6400	1039 P Street Lincoln, NE 68508 (402) 434-9230	700 Penrose Drive Lincoln, NE 68521 (402) 323-6444	2601 N. 70th Street Lincoln, NE 68507 (402) 434-9262	570 Fallbrook Blvd., # 210 Lincoln, NE 68521 (402) 434-9217	570 Fallbrook Blvd., #210 Lincoln, NE 68521 (402) 434-9225

ymcalincoln.org



Group Swim Lesson Schedule

Our progressive lessons are 40 minutes in length.

Morning

Monday - Thursday classes meet 4 days a week for two weeks.

*Classes do not meet Memorial Day or 4th of July. Session prices are prorated.

Monday - Thursday

10:00	10:45
Pike	Perch
Eel	Pike
Guppy	Ray
Minnow	Polliwog

Evenings

Evening classes meet twice a week for three weeks.

*No classes July 4th. Session prices are prorated.

Monday & Wednesday

4:30	5:15	6:00
Pike	Perch	Pike
Eel	Starfish	Eel
Guppy	Polliwog	Polliwog
Fish	Minnow	Fly Fish Shark

Tuesday & Thursday

5:15	6:00	6:45
Ski	Perch	Pike
Pike	Eel	Eel
Polliwog	Ray	Polliwog
Guppy	Starfish	Minnow

Saturday Morning

Saturday classes meet once a week for six weeks.

Saturday

9:15	10:00	10:45
Ski	Perch	Eel
Pike	Starfish	Ray
Polliwog	Guppy	Minnow

Private Swim Lesson Schedule

30-minute lessons with one-on-one instruction with an experienced instructor.

All ages are welcome. Move and learn at your own pace.

We will choose a time that is convenient for you.

Float For Life Schedule

Each class is 15 minutes in length 10 minutes are in the water and 5

minutes are for parent education/communication.

For more information see class descriptions.

Morning

Wednesday & Friday

11:15
11:30
11:45

Evening

Tuesday & Thursday (May 7-24)

4:15
4:30
4:45

Float for Life classes meet twice a week for three weeks.

*No classes July 4th. Session prices are prorated.

Class Descriptions

Float For Life Ages 9 months - 3 years

Classes are designed to teach children how to breath by rolling over to their backs and floating. This life saving technique can give each child those few extra seconds that may save their lives. Individually children will learn safety skills used throughout life. They will learn to float first, swim to the side and moving in and out of the water comfortably. Classes are one on one with the instructor. Parents will not get in the water for these classes. Each class will be determined by child's personal progress. This program is a skills learned program, and will not receive a "grade" at the end of the session. When skills are completed, enroll your child into our YMCA Swim Program for stroke development and refinement.

Parent with Child Classes

SKI (Ages 6 months to 2 years)

Designed to increase the ability of parents to help their child enjoy the water. Different techniques will be used to help the child make a positive adjustment. Parent or guardian must participate in the water.

Perch (Ages 2-4 years)

The goal of the class is to have the child become independent from their parent or guardian in the water. Designed to increase the child's comfort in working with an instructor through lessening parent involvement over the course of the session. Will not only work on building confidence in the water, but also beginning water skills including floats, kicks and arm movements. A parent or guardian must participate in the water.

Pre School Age Classes Ages 3-5 years old

Pike

A beginner level class that is designed to work on building confidence in the water and learning skills such as; floats and jumping in alone. Child must be comfortable participating without a parent or guardian.

Eel

Must be able to float on front and back for 5 seconds and jump in alone. Will work on front and back floats, treading water and swimming independently.

Ray

Must be able to swim at least 20 ft. on front and back and float on front and back for 20 seconds alone. Must be comfortable in deep water. Will work on development of front and back crawl and rotary breathing. ****If a child passes the Ray class, they will move to Guppy.***

Youth Classes Ages 6 years and up

Starfish

A beginner level class that is designed to work on building confidence in the water and learning skills such as; floats, jumping in alone and putting front crawl and back crawl together. If your swimmer has never taken formal lessons or was previously in Pike or Eel this is the level for them.

Polliwog

This class is designed for beginning swimmers who cannot yet swim 30ft of front crawl or 20 ft of back crawl. Will work on water adjustment, front and back crawl strokes and development of independence while swimming.

Guppy

Must be able to swim one half of a pool length continuously of front and back crawl. Will focus primarily on development of front crawl, back crawl and rotary breathing.

Minnow

Must be able to swim one pool length continuously of both front crawl with rotary breathing and back crawl. Will concentrate on building endurance, rotary breathing and proper form in strokes. Will learn breaststroke, sidestroke, and elementary backstroke.

Fish

Must be able to swim one pool length continuously of proper front and back crawl, breaststroke, sidestroke and elementary backstroke. Will work on building endurance and perfecting the breaststroke, elementary backstroke, and sidestroke. Will be introduced to butterfly at this level.

Flying Fish

Must be able to swim 50yds continuously of each of the following strokes: front crawl, back crawl, breaststroke, elementary backstroke and sidestroke. Will continue to learn butterfly at this level and continue to work on building up endurance.

Shark

Must be able to proficiently swim 50yds continuously of the following: front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. Will also work on starts and turns. *****Dives and starts will not be taught at the Fallbrook Branch due to lack of water depth.***

