

# COPPLE FAMILY YMCA

## 2020 SUMMER AQUATICS

### SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

#### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

#### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent?

NOT YET **B / WATER EXPLORATION**

Will the student go underwater voluntarily?

NOT YET **1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET **2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET **3 / WATER STAMINA**

Can the student swim 15 yards of front or back crawl?

NOT YET **4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET **5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET **6 / STROKE MECHANICS**

### PRIVATE SWIM LESSONS

Member \$110 Non Member \$160

Six 30-minute lessons with an experienced instructor based on your ability and skills. Request and register for private lessons online or at our Front Desk. During the request process a series of questions will be asked included goals and availability for the lessons.

A member of our Aquatics Team will contact you in 10–14 business days to confirm the details.



### TURTLE

Turtle is group swim lesson designed specifically for children with special needs to increase the child's comfort and confidence in the water, while teaching basic skills including floats, kicks and arm movements. A parent or trusted adult will be in the water with their participant, with a goal of moving to group swim lessons when the child is ready.

### NEW WEBSITE

Visit our newly designed website [YMCALINCOLN.ORG](http://YMCALINCOLN.ORG) to see what we have to offer at the Lincoln YMCA.

## PATHWAYS

Specialized tracks

WATER SAFETY

**SAFETY AROUND WATER** Ages 3–Adult  
Each class meeting is 40 minutes in length.

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**FLOAT FOR LIFE** Ages 1–3  
Each class meeting is 15 minutes in length.

Designed for safety, participants learn to float on their backs and get safely to the side.

SWIM CLUB & SWIM TEAM

**STINGRAYS SWIM CLUB** Ages 6–15  
Each class meeting is 1 hour in length.

The program focuses on stroke technique on all the four Olympic strokes as well as endurance. This non competitive swim club is a great introduction to swim team. Swimmers must be familiar and can demonstrate all four strokes to participate.

**SEA TURTLE SWIM TEAM** Ages 6–18  
Each class meeting is 1 hour in length.

This summer team focuses on stroke development, endurance and self-confidence. Team competes in the Lincoln Park and Rec. Swim League. Practices are held in Outdoor Pool, weather permitting. Please visit our website for the Team handbook.

RECREATION

**AQUATIC SPORTS & GAMES** Ages 12–15  
Each class meeting is 40 minutes in length.

The program continues to build endurance on all major competitive strokes and encourages aquatic sports and games as a part of a healthy lifestyle.

**AQUATIC CONDITIONING** Ages 12–Adult  
Each class meeting is 40 minutes in length.

The program focuses on continuing to build endurance and stroke technique on all strokes and encourages swimming as a part of a healthy lifestyle. Great class if you want to prepare for swim team or a lifeguarding certification.

LEADERSHIP

**AQUATIC LEADERS CLUB** Ages 12–15  
Each class meeting is 40 minutes in length.

This club is designed to prepare middle school aged students ages 12–15 to participate in a lifeguard or a swim instructor certification program and job readiness. The program will help participants build endurance in swimming and knowledge about the aquatic environment so participants can aide or work in the Y aquatics program.

**LIFEGUARD PRE-COURSE CONDITIONING**  
Each class meeting is 40 minutes in length.

This class is to set potential lifeguards up for success in the certification class. Swimmers will learn or refine freestyle and breaststroke techniques, treading water and surface dives.

**LIFEGUARD CERTIFICATION** Ages 15–Adult  
The YMCA of Lincoln offers full certifications and recertification for current lifeguards. See our Red Cross Certifications brochure or our website for registration information.

# SWIM LESSONS AT THE COPPLE FAMILY YMCA

## AQUATIC SESSION & REGISTRATION DATES

### MORNING SESSIONS (8 CLASSES)

SESSION DATES: July 6-16 July 20-July 31	Y MEMBER REGISTRATION BEGINS: June 30-July 8 July 14-22	Y NONMEMBER REGISTRATION BEGINS: July 2-8 July 16-22
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### EVENING SESSION (6 CLASSES)

SESSION DATES: July 6-23	Y MEMBER REGISTRATION BEGINS: June 30-July 8	Y NONMEMBER REGISTRATION BEGINS: July 2-8
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**Monday-Thursday AM**  
8 classes

**Tuesday & Thursday PM**  
6 classes

CLASS	8:30am	9:15am	10:00am	4:15pm	5:00pm	5:45pm
Safety Around Water						
<b>PARENT WITH CHILD</b> Ages 6 months—14 years						
A/Water Discovery			X	X		
B/Water Exploration			X	X		
Turtle						
<b>PRESCHOOL</b> Ages 3-5 years						
1/Water Acclimation		X			X	
2/Water Movement	X					X
3/Water Stamina		X			X	
4/Stroke Introduction			X	X		
<b>SCHOOL AGE</b> Ages 5-15 years						
1/Water Acclimation			X	X		
2/Water Movement		X			X	
3/Water Stamina	X					X
4/Stroke Introduction		X			X	
5/Stroke Development			X	X		
6/Stroke Mechanics						
<b>ADULT</b> Ages 16 years and up						
1/Water Movement						
2/Stroke Development						
<b>SWIM CLUB</b> Ages 6-15 years						
Stingrays	X					X

Y Member Rate \$46  
Non Member Rate \$92

Y Member Rate \$34.50  
Non Member Rate \$69

## SWIM LESSON REMINDERS

- Please bring your own towel and goggles (levels 3-Stingray only). The Y will not have these items available for use.
- When possible please wear your swimming suit into the Y to avoid crowding in the locker rooms.
- Due to social distancing purposes there are no spectators on deck during classes.