

SWIM LESSONS AT THE COOPER YMCA

AQUATIC SESSION & REGISTRATION DATES

Fall Session Dates (5 classes)

Y MEMBER REGISTRATION BEGINS:	Y NON-MEMBER REGISTRATION BEGINS:
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September 14- October 18	September 8	September 10
October 19 – November 22	October 13	October 15

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.

Wednesday Evening

Saturday Morning

CLASS	4:30pm	5:15pm	5:00pm	5:45pm	9:00am	9:45am	10:30am	11:15am
Safety Around Water					X			
PARENT WITH CHILD								
A/Water Discovery	X				X			
B/Water Exploration			X				X	
Turtles				X	X			
PRESCHOOL								
1/Water Acclimation	X		X			X		
2/Water Movement	X		X			X	X	
3/Water Stamina		X		X	X			
4/Stroke Introduction		X					X	
SCHOOL AGE								
1/Water Acclimation		X	X		X			
2/Water Movement		X		X	X		X	
3/Water Stamina	X					X	X	
4/Stroke Introduction		X	X			X		
5/Stroke Development	X			X		X		
6/Stroke Mechanics		X	X			X		
ADULT								
1/Water Movement	X							X
2/ Stroke Development	X							X

Y Member Rate \$29

Non Member Rate \$57.50

2020 FALL 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?

Tuesday Evening

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

NOT YET

6 / STROKE MECHANICS

Additional Options

Pathway Tracks

AQUATIC SPORTS & GAMES

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. This class is offered during the school year.

Ages 12-18

SAFETY AROUND WATER

Each class meeting is 40 minutes in length.

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

Ages 3-Adult

AQUATIC CONDITIONING

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. This class is offered during the school year.

Ages 12-Adult

LIFEGUARD CERTIFICATIONS

The YMCA of Lincoln offers full certifications and recertification for current lifeguards. See our Red Cross Certifications brochure or our website for registration information.

Ages 15-Adult

Visit YMCALINCOLN.ORG to register.