

NORTHEAST YMCA

2020 SUMMER AQUATICS

SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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

DOLPHIN SWIM TEAM

Aug 24th - March

Dolphin Summer Swim Team is a competitive and recreational swim team program offered to swimmers ages 6 to 18 years at all levels of swimming experience. This swim team competes at all levels through USA Swimming and the YMCA Swim League.

Practice Times and Meet Schedule: www.ymcaincoln.org/dolphins

Prerequisites for Dolphins

Must be able to swim one pool length (25 yards) of front crawl, back crawl and breaststroke continuously and demonstrate butterfly.

Visit YMCALINCOLN.ORG to register.

PATHWAYS

Specialized Tracks

WATER SAFETY

SAFETY AROUND WATER Ages 3-15

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.

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. This class is offered during the school year.

AQUATIC CONDITIONING Ages 12-15

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

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 aid lessons 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

PRIVATE SWIM LESSONS Ages 1-Adult

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.

SWIM LESSONS AT THE NORTHEAST YMCA

AQUATIC SESSION & REGISTRATION DATES

SESSION DATES:

September 14 - October 18
October 19 - November 22

Y MEMBER

REGISTRATION BEGINS:
September 8
October 13

Y NONMEMBER

REGISTRATION BEGINS:
September 10
October 15

NOW HIRING ROLE MODELS

The Lincoln Y has a variety of employment opportunities. Visit ymcalincolnjobs.org and apply online today.

Tuesday
5 classes

Thursday
5 classes

Saturday AM
5 classes

Sunday
5 classes

CLASS	5:00pm	5:45pm	5:00pm	5:45pm	9:15am	10:00am	10:45am	2:00pm
PARENT WITH CHILD								
A/Water Discovery (6m-18m)							X	X
B/Water Exploration (18m-3)							X	X
PRESCHOOL								
1/Water Acclimation	X	X	X	X	X	X		X
2/Water Movement	X	X	X	X	X	X		X
3/Water Stamina	X	X	X	X	X	X		X
SCHOOL AGE								
1/Water Acclimation	X	X	X	X	X	X		X
2/Water Movement	X	X	X	X	X	X		X
3/Water Stamina	X	X	X	X	X	X		X
4/Stroke Introduction	X	X	X	X	X	X		X
5/Stroke Development	X	X	X	X	X	X		
6/Stroke Mechanics	X	X	X	X	X	X		
ADULT								
1/Water Movement							X	

Home School Swim Lessons	
Thursday	10:20am

Y Member Rate \$29 Non Member Rate \$57.50

SWIM LESSON REMINDERS

- Please bring your own towel and goggles! The Y will not have these items available for use.
- Swim Lesson Entrance- South Pool Door
- Please wear your swim suit into the Y to avoid crowding in the locker rooms.
- Due to social distancing purposes, we ask that there are no spectators on deck during classes.

Questions, comments or concerns?
Please contact Tabettha Burnham at 402-434-9267
tburnham@ymcalincoln.org

