

SWIM LESSONS AT THE NORTHEAST YMCA

AQUATIC SESSION & REGISTRATION DATES


SESSION DATES:	Y MEMBER REGISTRATION BEGINS:	Y NONMEMBER REGISTRATION BEGINS:
September 9 - October 13	September 3-14	September 5-14
October 14 - November 17	October 8-19	October 10-19

NOW HIRING ROLE MODELS

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

CLASS	Tuesday 5 classes			Thursday 5 classes			Saturday AM 5 classes				Sunday 5 classes	
	4:45pm	5:30pm	6:15pm	4:45pm	5:30pm	6:15pm	9:15am	10:00am	10:45am	11:30am	12:30pm	1:15pm
Safety Around Water										X	X	X
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	X			X	
2/Water Movement		X	X	X	X	X	X		X		X	
3/Water Stamina			X			X			X		X	
4/Stroke Introduction							X				X	
SCHOOL AGE												
1/Water Acclimation	X				X			X	X			X
2/Water Movement		X	X	X	X	X	X		X			X
3/Water Stamina	X	X	X	X		X	X	X	X			X
4/Stroke Introduction		X	X	X	X	X	X		X			
5/Stroke Development			X			X			X			
6/Stroke Mechanics		X						X				
ADULT												
1/Water Movement										X		

Y Member Rate \$27 Non Member Rate \$55

 Float For Life	Home School Swim Lessons
Wed & Thru 9:30am	Thursdays 10:20am

STINGRAYS SWIM CLUB Member \$64/Non Member \$132

Non-competitive swim team will aid in stroke development, endurance, self-confidence and the development of water fitness.

Prerequisites for Stingray

Must have passed Stroke Development or equivalent. Must be able to swim one pool length (25 yards) of front crawl, back crawl.

Schedule: Monday @Northeast High 6:30-7:30
Friday @ NE Y 5:30-6:30



NORTHEAST YMCA 2019 FALL 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

August 26 - March 31

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.ymcalincoln.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.

Additional Options

Pathway Tracks

Ages 3 - Adult
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 1-3
FLOAT FOR LIFE
Each class meeting is 15 minutes in length.
Designed for safety, participants learn to float on their backs and get safely to the side.

Ages 12-18
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 6-15
STINGRAYS SWIM CLUB
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.

Ages 12-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 15-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.

PRIVATE SWIM LESSONS

Member \$100 Non Member \$150

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.

YOUTH CLASSES AT THE NORTHEAST YMCA

CLASS	Class Rates	T and TH AM		Mondays - Thursdays PM 8 classes		Thursday PM 5 classes		Saturday AM and PM 10 classes		
		9:30 - 10:15	4:30 - 5:30	7:00 - 8:00	5:30 - 6:10	6:15 - 6:55	7:00 - 7:40	10:15 - 10:55	11:00 - 12:00	12:05 - 1:05
Dance										
Creative Movement Ages 3-5	Y Member \$ 54 Non Member \$108							X		
Ballet, Jazz, Hip Hop Ages 5-7	Y Member \$ 60 Non Member \$120								X	
Ballet, Jazz, Hip Hop Ages 8-13	Y Member \$ 60 Non Member \$120									X
Gymnastics										
Tumbling Tykes Ages 18M-2	Y Member \$27 Non Member \$55				X					
Live Y'ers Ages 3-4	Y Member \$27 Non Member \$55					X				
Kindernastics Ages 4-5	Y Member \$27 Non Member \$55						X			
Teen Wellness										
Youth Fitness Training Ages 12-14	Y Member \$25 Non Member NA		X	X						
Youth Wellness										
Youth Gym - Jumpin' Juniors Ages 3-6	Y Member \$FREE Non Member \$28/ \$ 5/class	X								
Youth Gym - Champions NON SCHOOL Ages 6-12	Y Member \$FREE Non Member \$ 5/class	X								



Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit to your Y account. After that a 50% credit to your account 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

At the Lincoln YMCA we do not offer make-up 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 or credit for the class given.

NORTHEAST YMCA 2019 FALL YOUTH PROGRAMS

FIND THE RIGHT CLASS FOR YOUR CHILD.

DANCE

All dance classes will learn an age-appropriate routine to perform at a recital Saturday, November 16, 2019

Creative Movement (Ages 3-5)

Each class meeting is 40 minutes in length. Children learn basic dance fundamentals and build on those skills.

Ballet & Jazz, Hip Hop (Ages 5-13)

Each class meeting is 60 minutes in length. Children learn basic dance fundamentals, choreography of dance, and build on those skills.

GYMNASTICS

Each class meeting is 40 minutes in length.

Tumbling Tykes (Ages 18m-2)

With help from their parents, participants practice basic tumbling skills and develop coordination.

Live Y'ers (Ages 3-4)

Participants practice basic tumbling skills, learn social skills, and develop coordination.

Kindernastics (Ages 4-5)

Participants practice basic gymnastics skills to prepare for Level 1 gymnastics.

TEEN WELLNESS

Youth Fitness Training Class (Ages 12-14)

Each class meeting is 1 hour in length. Participants will focus on safety and proper technique in using all workout area equipment. We will also include discussions on character development, weight room etiquette and basic nutrition. Successful completion of this class will grant participants access to the wellness floor.

YOUTH WELLNESS

Each class meeting is 45 minutes in length.

Non-LPS School Days

Youth Gym - Jumpin' Juniors (Ages 3-6)

Physical activities program incorporating lots of movement; running, jumping, hopping, etc. through games to keep your children healthy.

Youth Gym - Champions (Ages 6-12) NON SCHOOL DAYS

Physical activities program highlighting sports and team building skills, social interaction and sportsmanship through games to keep your children healthy.

YOUTH SESSION & REGISTRATION DATES

DANCE

SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
September 9 - November 16	September 3-14	September 5-14

GYMNASTICS

SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
September 9 - October 13	September 3-14	September 5-14
October 14 - November 17	October 8-19	October 10-19

YOUTH FITNESS TRAINING CLASSES

SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
September 16-26	August 15-Sept 16	Not available
September 30-October 10	August 15 - September 30	Not available
November 4-14	August 15 - November 4	Not available

YOUTH GYM - JUMPIN' JUNIORS

SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
September 3 - 26	August 20-September 3	August 22-September 3
October 1 - 31	September 17-October 1	September 19-October 1
November 5 - 26	October 22-November 5	October 24-November 5
December 3 - 31	November 19-December 3	November 21-December 3

YOUTH GYM - CHAMPIONS (NON LPS SCHOOL DAYS)

SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
October 17	September 17-October 17	September 19-October 17
December 26 and 31	November 19-December 3	November 21-December 3



Visit YMCALINCOLN.ORG to register.