



REDLANDS YMCA SPRING 1 SWIM LESSONS

4 Week Sessions

SPRING 1: February 26 – March 21

Full Facility Membership Registration: Feb. 12

Program Membership Registration: Feb. 19

Mon/Wed & Tues/Thurs lessons: \$85/\$125

Sat lessons: \$58/\$85

Spring 2-3 Swim Flyer will come out the week of March 4th.

Swim Clubs:

Porpoise: Mon/Wed 4:00pm - 5:00pm \$135/\$203

Shark: Mon/Wed 5:15pm - 6:15pm \$135/\$203

Aquatics Leaders Club

LIFEGUARD DEVELOPMENT: 11-16yrs:

Mon/Wed 6:30pm - 7:30pm lessons: \$75/\$96



PARENT/CHILD PROGRAM

Parent child Stage A & B

Water discovery introduces infants and toddlers to the aquatic environment. This class is for those Water exploration focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills.

PRESCHOOL PROGRAM

Preschool Stage 1 Water acclimation increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Preschool Stage 2 Water movement encourages forward movement in water and basic self-rescue skills performed independently.

Preschool Stage 3 Water stamina develops intermediate self-rescue skills performed at longer distances than in previous stages.

Preschool Stage 4 Stroke introduction of basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

YOUTH PROGRAM

Youth Stage 1 Water acclimation increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Youth Stage 2 Water movement encourages forward movement in water and basic self-rescue skills performed independently.

Youth Stage 3 Water stamina develops intermediate self-rescue skills performed at longer distances than in previous stages.

Youth Stage 4 Stroke introduction of basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Youth Stage 5 Stroke development introduces breaststroke and butterfly and reinforces water safety through treading water and side-stroke.

Youth Stage 6 Stroke mechanics refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Swim Club

Porpoise: This class focuses on improving stroke form, endurance, and preparing students for the Shark swim club. Prerequisites: Passed Youth Stage 6 or do a try out with the swim coach.

Shark : This class focuses on improving advance stroke techniques for all 4 strokes, endurance, starts, turns, etc. Prerequisites: Passed Porpoise or do a try out with the swim coach.

Aquatics Leaders Club

LIFEGUARD DEVELOPMENT: This program encourages leadership development in the area of aquatic safety with the goal to prepare and motivate participants to become lifeguards through a separate certification course.

* Enhancing safety skills needed in an aquatic environment, such as scanning an aquatic environment, entering and exiting a pool, and performing reaching and throwing assists.

* Developing knowledge in various aquatic safety topics

* Increasing endurance to meet the prerequisite physical competency requirements of a lifeguard certification course



**REDLANDS YMCA
SPRING 1
SWIM LESSONS**

4 Week Sessions

Day	Mon/Wed						Tues/Thurs						Sat				
Time	4:00	4:35	5:10	5:45	6:20	6:55	4:00	4:35	5:10	5:45	6:20	6:55	9:00	9:35	10:10	10:45	11:20
Parent Child Stage A & B			T						T						T		
Preschool Stage 1		T			T			T								T	
Preschool Stage 2	T		T				T										T
Preschool Stage 3		T		T		T			T				T				
Preschool Stage 4	T			T					T		T			T			
Youth Stage 1	T		T				T								T		
Youth Stage 2		T		T		T				T			T				
Youth Stage 3			T		T				T					T	T		
Youth Stage 4		L		L	L			L			L	L		L		L	
Youth Stage 5	L				L		L					L	L				
Youth Stage 6						L		L									L
Adaptive Parent/Child																	T
Teen/Adult Beginner						T											
Teen/Adult Advance												L					
Safety Around Water								T		T						T	

*All group swim lessons are 30mins long.

T = Training Pool

L = Lap Pool

***No swim on holidays: January 1st**

Please note: All children 2 years and under and/or not potty trained must wear a non-disposable swim diaper while swimming in YMCA pools. Non-disposable swim diapers may be purchased at the front desk for \$15.

Register online, on app, or at membership desk.