

# REDLANDS YMCA

## SUMMER 1 - 3

### SWIM LESSONS

#### 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 sidestroke.

**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

**SWIM INSTRUCTOR DEVELOPMENT:** This program encourages leadership development in the area of aquatic instruction with the goal to prepare and motivate participants to become swim instructors through a separate certification course.

\* Understanding youth development and the YMCA Swim Lessons program

\* Developing knowledge in various aquatic safety topics

#### Learn to Dive Classes: May 20th - 23rd

Preschool Stage: ages 3-5years

Youth Stage: ages 6-12years

Teen/Adult Stage: ages 13+

Registration opens: May 6th

Mon-Thurs : \$58/\$85

#### 4 Week Sessions:

##### SUMMER 1: May 28 - June 22

Registration: Facility: May 13; Program: May 20

Mon/Wed lessons: \$74/\$109\*

Tues/Thurs lessons: \$85/\$125

Sat lessons: \$58/\$85

##### Swim Clubs:

Porpoise: Mon/Wed 4:00pm - 5:00pm \$118/\$178\*

Shark: Mon/Wed 5:15pm - 6:15pm \$118/\$178\*

##### Aquatics Leaders Club:

Lifeguard Development: 11-16yrs

Mon/Wed 4:00pm - 5:00pm \$66/\$96\*

##### SUMMER 2: June 24 - July 20

Registration: Facility: June 10; Program: June 17

Mon/Wed lessons: \$85/\$125

Tues/Thurs lessons: \$74/\$109\*

Sat lessons: \$58/\$85

##### Swim Clubs:

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

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

##### Aquatics Leaders Club:

Swim Instructor Development: 11-16yrs

Mon/Wed 4:00pm - 5:00pm \$75/\$110

##### SUMMER 3: July 22 - Aug 17

Registration: Facility: July 8; Program: July 15

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

Sat lessons: \$58/\$85

##### 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 4:00pm - 5:00pm \$75/\$110

#### 2 Week Sessions:

##### May 28 - June 6

Registration: Facility: May 13; Program: May 20

Mon-Thurs lessons: \$74/\$109\*

##### June 10 - 20

Registration: Facility: May 28; Program: June 3

Mon-Thurs lessons: \$85/\$125

##### June 24 - July 3

Registration: Facility: June 10; Program: June 17

Mon-Thurs lessons: \$74/\$109\*

##### July 8 - 18

Registration: Facility: June 24; Program: July 1

Mon-Thurs lessons: \$85/\$125

##### July 22 - August 1

Registration: Facility: July 8; Program: July 15

Mon-Thurs lessons: \$85/\$125

**\*No swim on holidays: May 27th**

**\*No swim on holidays: July 4th**



# REDLANDS YMCA SUMMER 1 - 3 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		T	O			T		T		
Preschool Stage 1	T	T			T			T	O		T			T		T	
Preschool Stage 2	T			T		T	T		T		O	O	T		T		T
Preschool Stage 3		T	T			T		T		O		T	T			T	
Preschool Stage 4		T		T		T			T		T			T	T		T
Youth Stage 1	T		T		T		T			T	O		T		T		T
Youth Stage 2		T		T		T			O			O		T		T	
Youth Stage 3	T		T		T			T		T	T		T		T	T	
Youth Stage 4		L		L	L		L	L		L		L		L	L		L
Youth Stage 5	L				L			L		L		L	L			L	
Youth Stage 6			L			L	L		L					L			L
Adaptive Parent/Child																	T
Teen/Adult Beginner					T							T		T			
Teen/Adult Advance						L					L						
Safety Around Water	T	T	T	T			T	T	T	T	T	T				T	

## 2 Week Sessions

Day	Mon - Thurs		
Time	8:30	9:00	9:30
Parent Child Stage A & B		T	
Preschool Stage 1 & 2			T
Preschool Stage 3 & 4		T	
Youth Stage 1 & 2			T
Youth Stage 3			T
Youth Stage 4	L		
Youth Stage 5 & 6	L		
Teen/Adult Beginner		T	
Teen/Adult Advance	L		

**T** = Training Pool

**L** = Lap Pool

**O** = Lap Pool

**\*No swim on holidays: May 27; July 4th**

**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.**

\*All group swim lessons are 30mins long.