



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall Swim Lessons

Altavista Area YMCA

Cost: members \$45.00 Non-Members \$65.00

Register online or in person.

Classes are Monday and Wednesday for 4 weeks.

Time	Oct 4 <sup>th</sup> –Oct 27 <sup>th</sup>	Nov 1 <sup>st</sup> –Nov 24 <sup>th</sup>	Jan 10 <sup>th</sup> –Feb 2 <sup>nd</sup>	Feb 7 <sup>th</sup> –Mar 2 <sup>nd</sup>
10:30-11:00	Preschool Stages 1 & 2	Preschool Stages 1 & 2	Preschool Stages 1 & 2	Preschool Stages 1 & 2
11:00-11:30	Preschool Stages 2 & 3	Preschool Stages 2 & 3	Preschool Stages 2 & 3	Preschool Stages 2 & 3
4:00-4:30	Stages 2 & 3	Stages 2 & 3	Stages 2 & 3	Stages 2 & 3

Classes are Tuesday and Thursday for 4 weeks.

Time	Oct 5 <sup>th</sup> –Oct 28 <sup>th</sup>	Nov 2 <sup>nd</sup> –Nov 24 <sup>th</sup> *	Jan 11 <sup>th</sup> –Feb 3 <sup>rd</sup>	Feb 8 <sup>th</sup> – Mar 3 <sup>rd</sup>
11:00-12:00	Adult		Adult	
5:30-6:00	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2
6:00-6:30	Stages 2 & 3	Stages 2 & 3	Stages 2 & 3	Stages 2 & 3
6:30-7:00	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2

\* The last class of this session will be held on Wednesday November the 24th.

1/Acclimation	Students develop comfort in the water 7 lay foundation for future progress
2/Movement	Focus on body position, control, directional change & continue to practice
3/Stamina	Swim safer long distance, learn rhythmic breathing & integrated leg and arm
4/ Stroke Introduction	Strong stroke techniques in front, back crawl, breaststroke, treading water & elementary backstroke
5/Stroke Development	Improve all major strokes, treading water and Sidestroke
A/B Water babies	A class with child & adult in pool participation to discover and explore the water
Adult classes	Teens & adults to learn to swim or improve their swimming

Cancellation fee of 15% or transfer to another class. Class size limited to 4 students.

Classes may be cancelled if less than 3 participants. Classes cancelled due to severe weather will be made up if schedule permits. The Altavista YMCA is fortunate to offer financial assistance from E. R. English Fund for those that may need it. Call 369-9622 or email [Inordquist@altavistaymca.com](mailto:Inordquist@altavistaymca.com) for more information.