



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Fall/Winter 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 | Sept 6th– Sept 28th * | Oct 3rd– Oct 26th | Oct 31st– Nov 23rd | Jan 9th– Feb 1st |
|-------------|--|----------------------|----------------------|----------------------|
| 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 |
| 11:30-12:00 | Preschool Stages 3&4 | Preschool Stages 3&4 | Preschool Stages 3&4 | Preschool Stages 3&4 |
| | *Classes will be held on Tuesday Sept 6th. | | | |

Classes are Tuesday and Thursday for 4 weeks.

| Time | Sept 6th– Sept 29th | Oct 4th– Oct 27th | Nov 1st– Nov 23rd * | Jan 10th– Feb 2nd |
|-----------|---------------------|-------------------|---|-------------------|
| 5:00-5:30 | Stage 3&4 | Stage 3&4 | Stage 3&4 | Stage 3&4 |
| 5:00-5:30 | Stages 1 & 2 | Stages 1 & 2 | Stages 1 & 2 | Stages 1 & 2 |
| 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 |
| 6:30-7:00 | Adult | Adult | *Classes will be held on Wednesday Nov 23rd | |

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| 1/Aclimation | Students develop comfort in the water and 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 |