



# Spring Swim Lessons

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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	Feb 6th—March 1st	March 6th– March 29th	April 3rd– April 26th*	May 1st– May 24th
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
4:00-4:30	Stages 2&3	Stages 2&3	Stages 2&3	Stages 2&3
4:30-5:00	Stages 1&2	Stages 1&2	Stages 1&2	Stages 1&2
			*April lessons are pro-rated for Easter.	

Classes are Tuesday and Thursday for 4 weeks.

Time	February 7th– March 2nd	March 7th– March 30th	April 4th– April 27th	May 2nd– May 25th
5:30–6:00	Water Babies	Adult	Water Babies	Adult
5:30-6:00	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2
6:00–6:30	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	Stages 2 & 3	Stages 2 & 3	Stages 2 & 3	Stages 2 & 3

1/ Acclimation	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

Cancellation fee of 15% or transfer to another class. Class size limited to 4 students. Classes may be cancelled if less than 2 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

[lnordquist@altavistaymca.com](mailto:lnordquist@altavistaymca.com) for more information.