

# Swim Lessons

Altavista Area YMCA

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

Register online or at either front deck

Classes are Monday and Wednesday for 4 weeks.

Time	Jan 4 <sup>th</sup> -Jan 27 <sup>th</sup>	Feb 1 <sup>st</sup> - Feb 24 <sup>th</sup>	Mar 1 <sup>st</sup> - Mar 24 <sup>th</sup>
11:00-11:30	Preschool 1&2	Preschool 1&2	Preschool 1&2
11:30-12:00	Preschool 1&2	Preschool 2&3	Preschool 2&3

Classes are Tuesday and Thursday for 4 weeks.

Time	Jan 5 <sup>th</sup> -Jan 28 <sup>th</sup>	Feb 2 <sup>nd</sup> -Feb 25 <sup>th</sup>	Mar 2 <sup>nd</sup> - Mar 25 <sup>th</sup>
6:00-6:30			Water Babies A/B
6:00-6:30	Stage 1 & 2	Stage 1&2	Stage 2&3
6:30-7:00	Stage 2 & 3	Stage 2&3	Stage 3&4
6:30-7:00			

1/Acclimation	Students develop comfort in the water & 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 are enrolled. First class canceled for severe weather will be a water safety class outside the pool. Any classes after that participants will receive a Thunder Buck good for a discount of one cost of one lesson on their next lesson purchase. The Altavista YMCA is fortunate to offer financial assistance from E. R. English Fund for those that may need it. Call 369-9622 ex 23 or email [lnordquist@altavistaymca.com](mailto:lnordquist@altavistaymca.com) for more information.