

Spring Swim Lessons

Altavista Area YMCA

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

Register online or at either front desk

Classes are Monday and Wednesday for 4 weeks.

Time	April 5 th -April 28 th **	May 3 rd -May 26 th
10:30-11:00		Water Babies
11:00-11:30	Preschool 1&2	Preschool 1&2
11:30-12:00	Preschool 2&3	Preschool 2&3
3:30-4:00	School Age 1&2	School Age 1&2
4:00-4:30	School Age 2&3	School Age 2&3

**First class will be Held on April 6th as we will be closed April

5th in observation on Easter.

Classes are Tuesday and Thursday for 4 weeks.

Time	April 6 th -29 th	May 4 th -May 27 th
11:30-12:00	Adult/Teen	
6:00-6:30	Stage 1&2	Stage 1&2
6:30-7:00	Stage 2&3	Stage 2&3

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 for more information.