



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring 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	March 7 th –March 30 th	April 4 th –April 27 th	May 2 nd –May 25 th	
10:30-11:00	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	
4:00-4:30	Stages 2 & 3	Stages 2 & 3	Stages 2 & 3	

Classes are Tuesday and Thursday for 4 weeks.

Time	March 8 th –March 31 st	April 5 th –April 28 th	May 3 rd –May 26 th	
11:00-12:00	Adult		Adult	
5:30-6:00	Water Babies	Water Babies		
5:30-6:00	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2	
6:00-6:30	Adult	Adult		
6:00-6:30	Stages 1 & 2	Stages 1 & 2	Stages 1 & 2	
6:30-7:00	Stages 2 & 3	Stages 2 & 3	Stages 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. 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 for more information.