

Spring 2020 Swim Lessons

Altavista Area YMCA

Please take swimming skills quiz on the back of this sheet to determine which level is appropriate for your child

Cost: members \$40.00 Non-Members \$60.00

Register for swim lessons at 1000 Franklin Ave.

Time	Mar 2-25	Mar 27- May 15	Mar 30-Apr 23	April 27- May 20	April 28- May-21
Days of the week	Monday Wednesday	Friday	Monday Wednesday	Monday Wednesday	Tuesday & Thursday
9:45- 10:30		Adult Beginner			
11:30- 12:00	Age 3-5 Stage 1 & 2		Age 3-5 Stage 1 & 2	Age 3-5 Stage 1 & 2	
4:00-4:45			Age 3-12 Stages 1 & 2	Age 6-12 Stages 3 & 4	
4:45-5:30	Age 3-12 Stages 1 & 2		Age 6-12 Stages 3 & 4	Age 3-6 Stage 1 & 2 Age 7 & up Stage 1 & 2	
6:00-6:30					A/B WATERBABIES
6:45-7:30			Age 3-12 Stages 1 & 2	Age 3-12 Stages 1 & 2	Age 3-12 Stages 1 & 2
Stages of classes offered at different times of the year					
1/ Acclimation	Students develop comfort in water & lay the foundation for future progress				
2/ Movement	Focus on body position, control, directional change & continue to practice				
3/ Stamina	Swim safer longer distance, learn rhythmic breathing & integrated leg & arm				
4/ Stroke Introduction	Strong stroke technique in front, back, breaststroke, treading water & elementary backstroke				
5/ Stroke Development	Improve all major strokes, treading water & sidestroke				
A/B Water Babies	A class with child & adult in pool participation to discover & explore the water				
Adult classes	For adults or teens to learn or improve their swimming				

Cancellation fee of 15% or transfer to another class. Class size limited to 6 students.

Classes may be cancelled if less than 3 participants. Classes cancelled due to severe weather will be made up if the schedule permits. The Altavista YMCA is fortunate to have the E.R. English Financial Assistance Fund for those who need financial assistance. Call 369-9622 or email LFrancis@altavistaymca.com for more information.