



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall/Winter 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	Sept 2nd- Sept 25th *	Sept 30th - Oct 23rd	Oct 28th- Nov 20th	Jan 6th- Jan 29th
10:00-10:30	Preschool Stages 1&2	Preschool Stages 1&2	Preschool Stages 1&2	Preschool Stages 1&2
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 2&3	Preschool Stages 2&3	Preschool Stages 2&3	Preschool Stages 2&3
4:00-4:30	Stages 2&3	Stages 2&3		
4:30-5:00	Stages 2&3	Stages 2&3		
	*Class will be prorated			

Classes are Tuesday and Thursday for 4 weeks.

Time	Sept 3rd - Sept 26th	Oct 1st - Oct 24th	Oct 29th - Nov 21st *	Jan 7th- Jan 30th
11:00-12:00	Adult	Adult	Adult	
5:30-6:00	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
			*Class will be prorated	

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