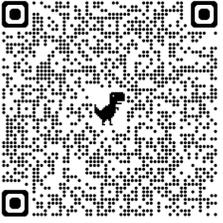




STRONG SWIMMERS CONFIDENT KIDS

Spring Swim Lessons



REGISTRATION
OPENS 2/16

TIME	Spring Session 1 4/6-4/29 - M/W* 2x per week for 4 weeks	Spring Session 2 5/4-5/29 - M/W 2x per week for 4 weeks
10-10:30am	STAGE 1	STAGE 1
10:30-11am	STAGE 1/2	STAGE 1/2
11-11:30am	STAGE 1/2	STAGE 1/2
11:30-12pm	STAGE 3	STAGE 3
TIME	Spring Session 1 4/7-4/30 T/TH 2x per week for 4 weeks	Spring Session 2 5/5-5/28 - T/TH 2x per week for 4 weeks
6-6:30pm	STAGE 1&2	STAGE 1&2
6:30-7pm	STAGE 3	STAGE 3

Wednesday Session 4/1-5/20 1x per week for 8 weeks
5-5:30pm STAGE 1&2
5-5:30pm STAGE 1&2
Wednesday Session 4/1-4/22 1x per week for 4 weeks
4:30-5pm WATER BABIES
Wednesday Session 4/29-5/20 1x per week for 4 weeks
4:30-5pm TEEN & ADULT

*Y is closed Monday, 4/6. Morning lessons begin Tuesday, 4/7.

8-LESSON SESSIONS

Members: \$60

Non-Members: \$80

4-LESSON SESSIONS

Members: \$30

Non-Members: \$40



ALTAVISTA AREA YMCA SWIM PROGRAMS

LESSON SELECTOR

Is the student able to follow verbal directions, safely jump on land, and wait their turn while participating in a group setting?

NOT YET?

WATER BABIES
(ages 6 months to 3 years)

Is the student comfortable getting their face wet, going underwater voluntarily, and trying swimming skills with their face in the water?

NOT YET?

**1 / WATER
ACCLIMATION**
(ages 2 & up)

Can the student do a front and back float without assistance?

NOT YET?

**2 / WATER
MOVEMENT**
(ages 3 & up)

Can the student continuously swim 10–15 yards on both their front and back without assistance or flotation support?

NOT YET?

**3 / WATER
STAMINA**

Can the student continuously swim 15 yards of front and back crawl without assistance or flotation support?

NOT YET?

**4 / STROKE
INTRODUCTION**

Can the student pass a BLUE BAND Swim Test?

NOT YET?

**MINI
DOLPHINS**
(ages 4 & up)

ALTAVISTA AREA YMCA
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QUESTIONS?
Contact Beth Wilson | Aquatics Director
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