



# Swim Lessons are offered in 7-week sessions:

Winter 2: February 25th—April 14th

All lessons meet once a week.

Updated: 11/14/2018

		PARENT & CHILD		PRESCHOOL			SCHOOL AGE					
Time		A	B	1	2	3	1	2	3	4	5	6
Monday	10:00-10:30 AM			1	2	3						
	10:30-11:00 AM	A	B	1	2	3						
	6:15-7:15 PM											AC~
Tuesday	11:05-11:35 AM			HS*	HS*	HS*						
	11:40-12:25 PM						HS*	HS*	HS*	HS*	HS*	HS*
	3:30-4:15 PM						1	2	3	4	5	6
	4:20-5:05 PM						1	2	3	4	5	6
	5:10-5:40 PM	A	B	1	2	3						
	5:45-6:30 PM						1	2	3	4	5	6
Wednesday	10:00-10:30 AM	A	B	1	2							
Thursday	3:30-4:00 PM			1	2	3						
	4:05-4:50 PM						1	2	3	4	5	6
	4:55-5:40 PM						1	2	3	4	5	6
	5:45-6:15 PM	A	B	1	2	3						
Saturday	9:30-10:00 AM			1	2							
	10:05-10:50 AM						1	2				

### DID YOU KNOW?

We offer private, semi private, adaptive, and adult swim lessons.

Oneida County alone has 1129 lakes. Help us make sure that everyone in the Northwoods is able to swim and stay safe around the water!

\* Home School (HS) classes are run for Preschool and School Age students.

~ Aquatic Conditioning (AC) classes are for children ages 6-16 years (see back for details)

### YMCA OF THE NORTHWOODS

2003 E. Winnebago St, Rhinelander, WI 54501

P 715 362 9622 [www.ymcaofthenorthwoods.org](http://www.ymcaofthenorthwoods.org)



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **STRONG SWIMMERS CONFIDENT KIDS**



## **SWIM LESSONS**

At the Y, our swim lessons build skills, confidence, and character. Our new curriculum focuses on developing sequence based skill sets that organically build on one another. Students will learn faster, be safer sooner, and progress more quickly through the various levels.

**All lessons meet once a week.**

### **SWIM STARTERS**

#### **Parent & Child Lessons**

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

**Ages: 6 months - 3 years (30 min)**

**Fee: \$20 Members / \$40 General Public**

#### **A / WATER DISCOVERY**

Introduces infants and toddlers to the aquatic environment.

#### **B / WATER EXPLORATION**

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

#### **NEVER TOO LATE – ADULT SWIM LESSONS**

Have you always wanted to learn to swim? This is the class for you! You will learn to overcome barriers and develop basic swimming skills in a one on one setting.

### **SWIM BASICS**

#### **Preschool & School Age lessons**

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills.

**Age: 3 years to 5 years (30 min)**

**Fee: \$26 Members / \$45 General Public**

**Age: 6 years and older (45 min)**

**Fee: \$32 Members / \$58 General Public**

#### **1 / WATER ACCLIMATION**

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

#### **2 / WATER MOVEMENT**

Encourages forward movement in water and basic self-rescue skills performed independently.

#### **3 / WATER STAMINA**

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

### **SWIM STROKES**

#### **School Age Lessons**

Skills to support a healthy lifestyle. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**Age: 6 years and older (45 min)**

**Fee: \$32 Members / \$58 General Public**

#### **4 / STROKE INTRODUCTION**

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

#### **5 / STROKE DEVELOPMENT**

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

#### **6 / STROKE MECHANICS**

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

#### **AC / AQUATIC CONDITIONING**

This 60 minute class develops endurance and technique in competitive strokes. Must be able to swim 25 yards of all competitive strokes. For children ages 6-16 years.

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