



# GRAND RIVER AREA FAMILY YMCA

## Swim Lesson Schedule Winter I: January 2 - February 10 (6 Wks)

**Class times and pool hours are subject to change!  
A minimum of 3 students is required for all classes.**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 9:30		Parent & Child		Parent & Child		Parent & Child
9:30 - 10:00		Level 1		Level 1		Level 1
10:00 - 10:30		Level 2		Level 2		Level 2
10:30 - 11:00		Level 3		Level 3		Level 3
11:00 - 12:00						
12:00 - 12:30 pm		Adult		Adult		
3:30 - 4:00		Level 1		Level 1		
3:30 - 4:15	Level 4 & 5		Level 4 & 5			
4:00 - 4:30		Level 2		Level 2		
4:30 - 5:00		Level 3		Level 3		
5:00 - 5:30		Parent & Child Special Needs		Parent & Child Special Needs		

**The Y will provide a quick swim evaluation during the first day of each swim session to ensure correct level placement for your child’s best learning environment.**

**Registration for the Winter I session opens December 26 and closes December 30.**

Any classes without at least 3 students registered by the close of the YMCA on December 30 will be cancelled or merged with another class.

### Competitive Swim Team (Gators Jr. and Gators)



Our Gators Swim Team is open to Y members 7 years old and older. Swim practices start in September and run through July on Mondays and Wednesdays. Before joining the swim team, members must be proficient in all four swimming strokes (freestyle, back stroke, breast stroke, and butterfly).

# STRONG SWIMMERS CONFIDENT KIDS

## Swim Lessons

### Parent and Child (Age 6 months - 2 years)

Parent will accompany child in the water. Class focuses on breathing, gliding, floating, kicks, and safety. The cost is \$30 for members / \$48 for program participants. Classes meet once a week.

### Level 1 (3 - 4 years old)

Work on entering and exiting, jumping in, putting face in water, gliding, floating, and strokes. The cost is \$60 for members / \$96 for program participants for classes meeting two days per week and \$30 for members / \$48 for program participants for classes meeting one day per week.

### Level 2

Work on glides, floats, back stroke, front stroke with rotary breathing, breast stroke, kicks, and sitting dive. Begin performing skills on their own. The cost is \$60 for members / \$96 for program participants for classes meeting two days per week and \$30 for members / \$48 for program participants for classes meeting one day per week.

### Level 3

Put together kicks and strokes, swim across the pool, tread water, and learn kneeling dives. The cost is \$60 for members / \$96 for program participants for classes meeting two days per week and \$30 for members / \$48 for program participants for classes meeting one day per week.

### Level 4

Swim an entire lap without stopping, learn side stroke and squatting dive. The cost is \$72 for members / \$108 for program participants.

### Level 5

Improve stroke technique, swim half mile, learn butterfly kick and standing dive. The cost is \$72 for members / \$108 for program participants.

### Special Needs Swim Lessons

The Y is excited to be offering Special Needs Swim Lessons. These classes meet once a week for 30 minutes. The cost is \$60 for members and \$96 for program participants.

**Adult Swim Lessons (18 and Older)** - It's never too late to learn how to swim! Whether you started learning to swim as a child, but never quite mastered it, or are simply afraid of the water, we're here to help you learn to swim confidently, in a supportive environment. Classes will meet twice per week for 6 weeks. The cost is \$60 for members and \$96 for program participants.

### Private and Semi-Private Swim Lessons

One-on-one swim lessons with a trained swim instructor are available beginning at age 3. Each 30-minute session is scheduled between the instructor and the participant. To register, complete a Private Lesson Request Form, available at the Welcome Center. The cost per half hour is \$17.50 for members / \$35 for program participants.



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To receive txt alerts concerning pool schedule reminders, changes, and updates, please txt **@grypool** to **81010**.