



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMP RIGHT IN

GRAND RIVER AREA FAMILY YMCA

Swim Lessons Schedule

Winter II: February 19 - March 31 (6 Weeks)

Swim Starters - Parent & Child Lessons

Designed for children ages 6 months to 3 years. 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.

Tuesday 5:00 - 5:30 pm
Fee: \$30 Members / \$48 Program Participants

Saturday 9:00 - 9:30 am
Fee: \$30 Members / \$48 Program Participants

Swim Basics Level 1 - Water Acclimation

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

Tuesday & Thursday 3:30 - 4:00 pm
Fee: \$60 Members / \$96 Program Participants

Saturday 9:30 - 10:00 am
Fee: \$30 Members / \$48 Program Participants

Swim Basics Level 2 - Water Movement

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

Tuesday & Thursday 4:00 - 4:30 pm
Fee: \$60 Members / \$96 Program Participants

Saturday 10:00 - 10:30 am
Fee: \$30 Members / \$48 Program Participants

Swim Basics Level 3 - Water Stamina

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

Tuesday & Thursday 4:30 - 5:00 pm
Fee: \$60 Members / \$96 Program Participants

Saturday 10:30 - 11:00 am
Fee: \$30 Members / \$48 Program Participants

Swim Strokes - Levels 4, 5, & 6

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.

Progressively introduces and refines basic stroke technique in front crawl, back crawl, breaststroke, and butterfly while reinforcing water safety through treading water, elementary back stroke, and side-stroke.

Monday & Wednesday 3:30 - 4:15 pm
Fee: \$75 Members / \$110 Program Participants

Not sure about your child's swimming level? 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 II Session begins February 12.

Special Needs Swim Lessons

Our Special Needs Swim Lesson program is specifically designed to create a positive outlook and emphasis on the strengths and unique attributes of each swimmers. Our program focuses on water education, developing water safety and swimming skills and is customized for each swimmer's emotional and developmental abilities.

Thursday 5:00 - 5:30 pm
Fee: \$65 Members / \$98 Program Participants.

Adult Swim Lessons (18 and Older)

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.

Tuesday & Thursday 5:30 - 6:00 pm
Fee: \$65 Members / \$98 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.

Fee (Per Half Hour): \$18 for Members / \$36 for Program Participants

Competitive Swim Team (Jr. Gators and Gators)



Our Gators Swim Team is now accepting new members. All YMCA members age 7 and older who can swim at least one continuous lap are encouraged to join. Swim practices start in September and run through July on Mondays and Wednesdays

All potential swimmers are asked to speak with the Aquatics Director prior to registering

Easter Egg Dive (Members Only)

Date: Thursday, March 29, 2018 **Time:** 6:00 - 7:00 pm

The YMCA invites all our young members (ages 0-10) to an "eggs"iting Easter event. Come jump, dive, float, and splash for tons of fun filled Easter eggs. This free family event is open to YMCA members only. We'll have a great time hunting eggs in age specific heats followed by prizes, snacks, and swimming. Please register at the Welcome Center by Monday, March 26.



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