



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUMP RIGHT IN

## GRAND RIVER AREA FAMILY YMCA

### Swim Lessons Schedule

Spring 2018: April 9 - May 19 (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

#### Levels 4 & 5 - Swim Strokes & Development

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 Spring Session begins April 2.**

## Special Needs Swim Lessons

Our Special Needs Swim Lesson program is specifically designed to emphasize the strengths and unique attributes of each swimmer. Our program focuses on water safety, developing 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)

The YMCA is here to help you learn how to swim at any age! Whether you are starting from the beginning or you are looking to improve your strokes, we are here to help you learn how to swim confidently in a comfortable and 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.

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

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## 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**

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