



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMP RIGHT IN

GRAND RIVER AREA FAMILY YMCA

Swim Lessons Schedule

Summer I 2018: May 29 - June 23 (4 Weeks)

Water Discovery & Exploration

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 5:30 - 6:00 pm
Fee: \$30 Members / \$48 Program Participants

Level 1 - Water Acclimation

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

Tuesday & Thursday 11:30 am - 12:00 pm
Fee: \$60 Members / \$96 Program Participants

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

Level 2 - Water Movement

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

Tuesday & Thursday 11:00 - 11:30 am
Fee: \$60 Members / \$96 Program Participants

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

Level 3 - Water Stamina

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

Tuesday & Thursday 10:30 - 11:00 am
Fee: \$60 Members / \$96 Program Participants

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

Level 4 - Stroke Introduction

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

Monday & Wednesday 4:45 - 5:30 pm
Fee: \$75 Members / \$110 Program Participants

Tuesday & Thursday 9:45 - 10:30 am
Fee: \$75 Members / \$110 Program Participants

Levels 5 and 6 - Stroke Development & Mechanics

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Monday & Wednesday 4:00 - 4:45 pm
Fee: \$90 Members / \$125 Program Participants

Tuesday & Thursday 9:00 - 9:45 am
Fee: \$90 Members / \$125 Program Participants

Not sure about your child's swimming level? The 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 May 21.

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 5:30 - 6:00 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.

Available upon request.
Fee: (Per Half Hours): \$18 Members / \$36 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 Members / \$36 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

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