



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMP RIGHT IN

GRAND RIVER AREA FAMILY YMCA Swim Lessons Schedule Summer II : July 2 - July 28 (4 Weeks)

Beginner Level Classes

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 4:30 - 5:00 pm
Fee: \$20 Members / \$32 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: \$40 Members / \$64 Program Participants

Tuesday & Thursday 6:00 - 6:30 pm
Fee: \$40 Members / \$64 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: \$40 Members / \$64 Program Participants

Tuesday & Thursday 5:30 - 6:00 pm
Fee: \$40 Members / \$64 Program Participants

Intermediate Level Classes

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: \$40 Members / \$64 Program Participants

Tuesday & Thursday 5:00 - 5:30 pm
Fee: \$40 Members / \$64 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.

Tuesday & Thursday 9:45 - 10:30 am
Fee: \$56 Members / \$80 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 Summer II Session begins June 25. Classes are subject to be merged and/or cancelled if there is not a minimum of 3 participants.

Advanced Level Classes

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.

Tuesday & Thursday **9:00 - 9:45 am**
Fee: \$68 Members / \$92 Program Participants

Other Classes

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 **4:30 - 5:00 pm**
Fee: \$44 Members / \$65 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.

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

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