



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**



# BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

## SALLY'S YMCA JUNE 2025

Monday-Thursday Classes : June 2nd-June 12th  
 June 16th-26th  
 June 30th-July 10th

Saturday Classes: June 7th - August 2nd

Every day children learn the basics of swimming at the Y or enhance their existing skills with our swim lesson program that turns beginners into experts! The SALLY'S YMCA ensures that all lessons have a low instructor-to-student ratio that will make sure your child gets plenty of personal attention. With our wide selection of classes and schedules you will be sure to find a lessons that fits your child's needs and your schedule.

PARENT/CHILD (6 months-3 year)	Stages	Mon/Wed	Tues/Thur	Saturday	Member	Participant
	SWIM STARTERS A			10:15a-10:45a	\$118	\$165
	SWIM STARTERS B			11:00a-11:30a	\$118	\$165

PRESCHOOL (3-5 years)	Stages	Mo/Tu/We/Th	Tues/Thur	Saturday	Member	Participant
	SWIM BASICS 1 Water Acclimation	9:50a-10:20a 4:00p-4:30p		10:15a-10:45a	\$118	\$165
	SWIM BASICS 2 Water Movement	9:50a-10:20a 4:00p-4:30p		10:15a-10:45a	\$118	\$165
	SWIM BASICS 3 Water Stamina	9:50a-10:20a 4:00p-4:30p		10:15a-10:45a	\$118	\$165

SCHOOL AGE (6-12 years)	Stages	Mo/Tu/We/Th	Tues/Thur	Saturday	Member	Participant
	SWIM BASICS 1 Water Acclimation	9:00a-9:40a 4:40p-5:20p		11:00a-11:40a	\$118	\$165
	SWIM BASICS 2 Water Movement	9:00a-9:40a 4:40p-5:20p		11:00a-11:40a	\$118	\$165
	SWIM BASICS 3 Water Stamina	9:00a-9:40a 4:40p-5:20p		11:50a-12:30p	\$118	\$165
	SWIM STROKES 4 Stroke Introduction			11:50a-12:30p	\$118	\$165

SWIM TEAM	SWIM TEAM	5:30p-6:10p (10 & Under)			\$135	\$200
	Mon /Wed at Sally's 5/19-6/28 Tues/Thurs at Lincoln County 5/5-6/28 6:15p-7:00p (10 & up)					

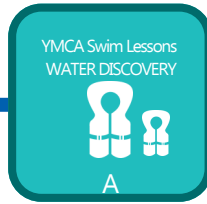
Prices are based on an 8 session lessons. Makeups offered for Weather Cancellations only



# STAGE DESCRIPTIONS

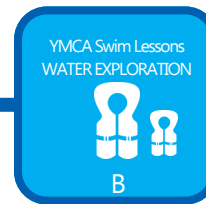
## SWIM STARTERS

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.



### A / WATER DISCOVERY

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves



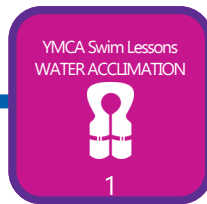
### B / WATER EXPLORATION

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills

## SWIM BASICS

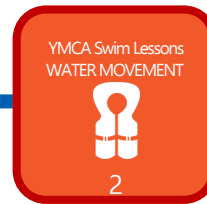
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.



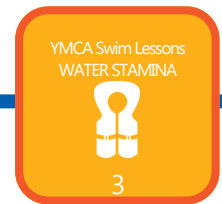
### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future to progress in swimming



### 2 / WATER MOVEMENT

In Stage 2, students will focus on body position and control, directional changes, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

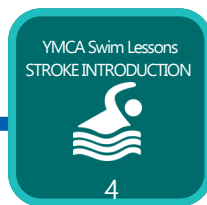


### 3 / WATER STAMINA

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

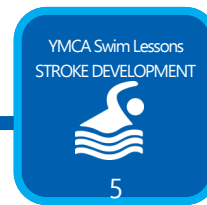
## SWIM STROKES

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.



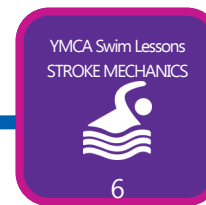
### 4 / STROKE

Students in Stage 4 develop stroke techniques in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary breaststroke.



### 5 / STROKE

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

#### HAVE MORE QUESTIONS?

Our Member Services Desk Staff are available to answer any questions about our swim lesson program.

Or Contact Sarah Bai at [Sarahb@ymcacv.org](mailto:Sarahb@ymcacv.org)