



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPRING II Session Dates:

April 29<sup>th</sup> – June 23<sup>rd</sup>

Registration:

**Full Privilege: March 25th**

**Program members: April 8th**

Register [online](#)

Front desk or email to [Cece](#), Aquatics Director

[Milica](#), Aquatics Coordinator



<b>Monday or Wednesday • Dates on first page</b>					
<b>Start</b>	<b>End</b>	<b>Class</b>	<b>Class Code</b>	<b>Full Priv.</b>	<b>Program</b>
<b>Preschool &amp; Youth</b>					
3:45 PM	4:15 PM	Swim Basics Prsc Stage 1-3	02101-26 or 27	\$72	\$108
3:45 PM	4:25 PM	Swim Basics Yth Stage 1- 3	02201-26	\$96	\$144
<b>Tuesday &amp; Thursday AM only</b>					
<b>Teen &amp; Adult 13 up</b>					
5:45 am	7:15 am	Adult Stroke Clinic	02301-31	\$200	\$300
<b>• SATURDAY</b>					
<b>Infants &amp; Toddlers 06 m – 36 m</b>					
9:00 AM	9:30 AM	Water Discovery Stage A	02101-06	\$72	\$108
9:35 AM	10:05 AM	Water Exploration Stage B	02101-31	\$72	\$108
10:10 AM	10:40 AM	Water Exploration Stage B	02101-03	\$72	\$108
<b>Preschool 3- 5 y</b>					
9:00 AM	9:30 AM	Water Acclimation Stage 1	02101-10	\$72	\$108
9:35 AM	10:05 AM	Water Movements Stage 2	02101-05	\$72	\$108
10:10 AM	10:40 AM	Water Stamina Stage 3	02101-18	\$72	\$108
10:45 AM	11:15 AM	Water Movements Stage 2	02101-07	\$72	\$108
11:20 AM	11:50 AM	Water Acclimation Stage 1	02101-17	\$72	\$108
11:55 AM	12:25 AM	Stroke Introduction Stage 4	02101-13	\$72	\$108
10:45 AM	11:15 AM	Water Acclimation Stage 1	02202-33	\$72	\$108
11:20 AM	11:50 AM	Water Stamina Stage 3	02101-46	\$72	\$108
<b>Youth 6-12 y</b>					
10:00 AM	10:40 AM	Water Acclimation Stage 1	02202-04	\$96	\$144
10:00 AM	10:40 AM	Stroke Introduction Stage 4	02201-01	\$96	\$144
10:45 AM	11:25 AM	Water Movements Stage 2	02201-03	\$96	\$144
10:45AM	11:25 AM	Water Stamina Stage 3	02201-11	\$96	\$144
11:30 AM	12:10 PM	Water Acclimation Stage 1	02202-05	\$96	\$144
11:30 AM	12:10 PM	Stroke Development Stage 5	02201-71	\$96	\$144
12:15 PM	12:55 PM	Stroke Introduction Stage 4	02201-04	\$96	\$144
12:15 PM	12:55 PM	Water Stamina Stage 3	02201-47	\$96	\$144
<b>Teen &amp; Adult 13 up</b>					
9:00 AM	9:40 AM	Swim Basics Stage 1 / 2	02301-03	\$96	\$144
<b>• SUNDAY</b>					
<b>Infants &amp; Toddlers 06 m – 36 m</b>					
9:30 AM	10:00 AM	Water Discovery Stage A	02101-04	\$72	\$108
10:05 AM	10:35 AM	Water Exploration Stage B	02101-21	\$72	\$108
<b>Preschool 3- 5 y</b>					
9:30 AM	10:00 AM	Water Acclimation Stage 1	02101-11	\$72	\$108
10:05 AM	10:35 AM	Water Stamina Stage 3	02101-15	\$72	\$108
10:40 AM	11:10 AM	Water Movements Stage 2	02101-16	\$72	\$108
10:40 AM	11:10 AM	Stroke Introduction Stage 4	02101-32	\$72	\$108
11:15 AM	11:45 AM	Water Acclimation Stage 1	02101-09	\$72	\$108
11:15 AM	11:45 AM	Water Stamina Stage 3	02101-30	\$72	\$108

10:45 AM	11:15 AM	WaterAcclimation Stage 1	02101-35	\$72	\$108
11:20 AM	11:50 AM	Water Movements Stage 2	02101-36	\$72	\$108
<b>Youth 6-12 y</b>					
10:15 AM	10:55 AM	Water Acclimation Stage 1	02201-20	\$96	\$144
11:00 AM	11:40 AM	Water Movements Stage 2	02201-23	\$96	\$144
11:15 AM	11:55 AM	Water Stamina Stage 3	02201-13	\$96	\$144
12:00 AM	12:40 PM	Stroke Introduction Stage 4	02201-12	\$96	\$144
<b>Teen &amp; Adult 13 up</b>					
9:30 AM	10:10 AM	Swim Basics Stage 1 / 2	02301-07	\$96	\$144

### Class Code Look up:

Example:

Class Unit: **02201-** plus the class ID by day\* **88,89,etc.**

**\*Dates on first page**

### Class Description:

#### 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, front glide and exit
- Jump, push, turn, grab

#### Parent/Child: ages 6 months to 3 years – 30 min

#### Water Discovery Stage A: ages 6—18 months

#### Water Exploration Stage B: ages 19-36 months

An introductory classes that safely allow children and parents enjoy the pool together. The classes will teach basic swimming skills and educate parents on water safety with children.

#### \*PrSc - Preschools: ages 3 - 5 years – 30 min

#### Water Acclimation (Stage 1):

A beginner class for children who are comfortable in class without a parent. A flotation device is used in this class.

#### Water Movements (Stage 2):

An advanced beginner level class for children who can put their face in the water and swim 5 feet without a flotation device. Must be comfortable on their back with/without a flotation device.

#### Water Stamina (Stage 3):

An intermediate class for children who can swim 15 feet with their face in the water and their arms out of the water without a flotation device. Must also be able to swim 15 feet on their back with/without a flotation device.

#### Stroke Introduction (Stage 4):

An advanced class for children who can swim one length of the pool on their back as well as on their front with their face in the water without a flotation device. Must be able to tread water for 30 seconds.

#### \*Yth - School Age/ Youth: ages 6 –12 years -40 min

**Water Acclimation (Stage 1):**

A beginner class for children who have little to no swim experience.

**Water Movements (Stage 2):**

A beginner/intermediate class for children that swim one length of the pool on their front with their face in the water. Comfortable swimming on back and to be in deep water.

**Water Stamina (Stage 3):**

A combination class for students who are in between levels. Must be comfortable in deep water.

**Stroke Introduction (Stage 4):**

Able to swim one length front crawl with rotary breathing. Able to swim one length on back.

**Stroke Development (Stage 5):**

Able to swim two lengths of front crawl and two lengths of backstroke. Must know breaststroke and butterfly kick.

**Stroke Mechanics (Stage 6): \*required swim skills assessments**

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

**TEEN & Adult: 12+ years – 40 min****Swim Basics Teen/Adult I (Stage 1-3):**

A class for teens/adults who have limited experience in the water. Teaching basic swimming skills as well as introduction into deep water.

**Stroke Intro & Development Teen/Adult II: (Stage 4-5):**

For teens/adults who have a basic knowledge of freestyle and backstroke. Skills will be continuing to be strengthened.

**Stroke Mechanics Teen/Adult III (Stage 6):**

For those who are comfortable in deep water and want to improve their strokes. Turns and starts are introduced.

**Refund / Cancellation Policy**

- The Y-Alx aquatics department will only credit/refund money due to medical reasons with a doctor note.
- Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Director. The credits on members account are only good for 1 year. After that year, they will expire.
- If the Y-Alx cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given, if transfer to another class is not possible.
- The YMCA does not offer make-ups for individual absences.
- If verified illness prohibits class attendance, and is reported to the YMCA Aquatics Staff, a makeup lesson will be given. A doctor's note must be submitted.
- **All programs have a minimum enrollment number of three participants.** Programs with fewer participants may be combined or canceled. You will have the option of receiving a full refund/credit or switching to another similar price program or class.
- Only the Aquatics Director will approve refund for a reason not mentioned above.
  - **After the second class, you will not be able to register for the program**
  - **Late registration, will not be prorated**