



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SUMMER I Session Dates:

**Session A: June 24<sup>th</sup> – July 5<sup>th</sup>**

**Session B: July 8<sup>th</sup> – July 18<sup>th</sup>**

**Session C: July 22<sup>nd</sup> – August 1<sup>st</sup>**

**Session D: August 5<sup>th</sup> – August 15<sup>th</sup>**

**Session E: August 19<sup>th</sup> – August 29<sup>th</sup>**

**Summer I: June 29<sup>th</sup> – July 28<sup>th</sup>**

**Summer II: August 3<sup>rd</sup> – August 25<sup>th</sup>**

### Registration:

**Full Privilege:** May 27<sup>th</sup>

**Program members:** June 10<sup>th</sup>

Register [online](#)

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

[Milica](#), Aquatics Coordinator



<b>Session A • 4 times a week • Monday to Thursday • June 24<sup>th</sup> to July 5<sup>th</sup> •</b>					
3:00 PM	3:30 PM	Preschool Stage 1 & 2	<b>02101-77</b>	\$72	\$108
3:30 PM	4:00 PM	Preschool Stage 3 & 4	<b>02101-78</b>	\$72	\$108
3:00 PM	3:30 PM	Youth Stage 1 & 2	<b>02201-79</b>	\$96	\$144
3:30PM	4:00 PM	Youth Stage 3 & 4	<b>02201-80</b>	\$96	\$144

<b>Session B • 4 times a week • Monday to Thursday • July 8<sup>th</sup> to July 18<sup>th</sup> •</b>					
3:00 PM	3:30 PM	Preschool Stage 1 & 2	<b>02101-81</b>	\$72	\$108
3:30 PM	4:00 PM	Preschool Stage 3 & 4	<b>02101-82</b>	\$72	\$108
3:00 PM	3:00 PM	Youth Stage 1 & 2	<b>02201-83</b>	\$96	\$144
3:30 PM	4:00 PM	Youth Stage 3 & 4	<b>02201-84</b>	\$96	\$144

<b>Session C • 4 times a week • Monday to Thursday • July 22<sup>nd</sup> to August 1<sup>st</sup> •</b>					
3:00 PM	3:30 PM	Preschool Stage 1 & 2	<b>02101-85</b>	\$72	\$108
3:30 PM	4:00 PM	Preschool Stage 3 & 4	<b>02101-86</b>	\$72	\$108
3:00 PM	3:30 PM	Youth Stage 1 & 2	<b>02201-87</b>	\$96	\$144
3:30 PM	4:00 PM	Youth Stage 3 & 4	<b>02201-88</b>	\$96	\$144

<b>Session D • 4 times a week • Monday to Thursday • August 5<sup>th</sup> to August 15<sup>th</sup> •</b>					
3:00 PM	3:30 PM	Preschool Stage 1 & 2	<b>02101-89</b>	\$72	\$108
3:30 PM	4:00 PM	Preschool Stage 3 & 4	<b>02101-90</b>	\$72	\$108
3:30 PM	3:30 PM	Youth Stage 1 & 2	<b>02201-91</b>	\$96	\$144
3:30 PM	4:00 PM	Youth Stage 3 & 4	<b>02201-92</b>	\$96	\$144

<b>Session E • 4 times a week • Monday to Thursday • August 19<sup>th</sup> to August 29<sup>th</sup> •</b>					
3:00 PM	3:30 PM	Preschool Stage 1 & 2	<b>02101-93</b>	\$72	\$108
3:30 PM	4:00 PM	Preschool Stage 3 & 4	<b>02101-94</b>	\$72	\$108
3:00 PM	3:30 PM	Youth Stage 1 & 2	<b>02201-95</b>	\$96	\$144
3:30 PM	4:00 PM	Youth Stage 3 & 4	<b>02201-96</b>	\$96	\$144

**• Summer I • June 29<sup>th</sup> to July 28<sup>th</sup> • 5 weeks •**

**• Tuesday & Thursday AM only • 9 weeks •**

**Teen & Adult 13 up**

5:45 AM	7:15 AM	Adult Stroke Clinic	02301-31	\$225	\$338
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**• SATURDAY •**

**Infants & Toddlers 06 m – 36 m**

9:00 AM	9:30 AM	Water Discovery Stage A	02101-06	\$45	\$68
9:35 AM	10:05 AM	Water Discovery Stage A	02101-31	\$45	\$68
10:10 AM	10:40 AM	Water Exploration Stage B	02101-03	\$45	\$68

**Preschool 3- 5 y**

9:00 AM	9:30 AM	Water Acclimation Stage 1	02101-10	\$45	\$68
9:35 AM	10:05 AM	Water Movements Stage 2	02101-05	\$45	\$68
10:10 AM	10:40 AM	Water Stamina Stage 3	02101-18	\$45	\$68
10:45 AM	11:15 AM	Water Movements Stage 2	02101-07	\$45	\$68
11:20 AM	11:50 AM	Water Acclimation Stage 1	02101-17	\$45	\$68
11:55 AM	12:25 AM	Stroke Introduction Stage 4	02101-13	\$45	\$68
10:45 AM	11:15 AM	Water Acclimation Stage 1	02202-33	\$45	\$68

**Youth 6-12 y**

10:00 AM	10:40 AM	Water Acclimation Stage 1	02202-04	\$60	\$90
10:00 AM	10:40 AM	Stroke Introduction Stage 4	02201-01	\$60	\$90
10:45 AM	11:25 AM	Water Movements Stage 2	02201-03	\$60	\$90
10:45 AM	11:25 AM	Water Stamina Stage 3	02201-11	\$60	\$90
11:30 AM	12:10 PM	Water Acclimation Stage 1	02202-05	\$60	\$90
11:30 AM	12:10 PM	Stroke Development Stage 5	02201-71	\$60	\$90
12:15 PM	12:55 PM	Stroke Introduction Stage 4	02201-04	\$60	\$90

**Teen & Adult 13 up**

9:00 AM	9:40 AM	Swim Basics Stage 1 / 2	02301-03	\$60	\$90
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**• SUNDAY •**

**Infants & Toddlers 06 m – 36 m**

9:30 AM	10:00 AM	Water Discovery Stage A	02101-04	\$45	\$68
10:05 AM	10:35 AM	Water Exploration Stage B	02101-21	\$45	\$68

**Preschool 3- 5 y**

9:30 AM	10:00 AM	Water Acclimation Stage 1	02101-11	\$45	\$68
10:05 AM	10:35 AM	Water Stamina Stage 3	02101-15	\$45	\$68
10:40 AM	11:10 AM	Water Movements Stage 2	02101-16	\$45	\$68
10:40 AM	11:10 AM	Stroke Introduction Stage 4	02101-32	\$45	\$68
11:15 AM	11:45 AM	Water Acclimation Stage 1	02101-09	\$45	\$68
11:15 AM	11:45 AM	Water Stamina Stage 3	02101-30	\$45	\$68
10:45 AM	11:15 AM	Water Acclimation Stage 1	02101-35	\$45	\$68
11:20 AM	11:50 AM	Water Movements Stage 2	02101-36	\$45	\$68

**Youth 6-12 y**

10:15 AM	10:55 AM	Water Acclimation Stage 1	02201-20	\$60	\$90
11:00 AM	11:40 AM	Water Movements Stage 2	02201-23	\$60	\$90
11:15 AM	11:55 AM	Water Stamina Stage 3	02201-13	\$60	\$90
12:00 AM	12:40 PM	Stroke Introduction Stage 4	02201-12	\$60	\$90

**Teen & Adult 13 up**

9:30 AM	10:10 AM	Swim Basics Stage 1 / 2	02301-07	\$60	\$90
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**• Summer II • August 3<sup>rd</sup> to August 24<sup>th</sup> • 4 weeks •**

<b>• SATURDAY •</b>					
<b>Infants &amp; Toddlers 06 m – 36 m</b>					
9:00 AM	9:30 AM	Water Discovery Stage A	02101- 47	\$36	\$54
9:35 AM	10:05 AM	Water Discovery Stage A	02101-48	\$36	\$54
10:10 AM	10:40 AM	Water Exploration Stage B	02101-03 / 49	\$36	\$54
<b>Preschool 3- 5 y</b>					
9:00 AM	9:30 AM	Water Acclimation Stage 1	02101-50	\$36	\$54
9:35 AM	10:05 AM	Water Movements Stage 2	02101-51	\$36	\$54
10:10 AM	10:40 AM	Water Stamina Stage 3	02101-52	\$36	\$54
10:45 AM	11:15 AM	Water Movements Stage 2	02101-53	\$36	\$54
11:20 AM	11:50 AM	Water Acclimation Stage 1	02101-54	\$36	\$54
11:55 AM	12:25 AM	Stroke Introduction Stage 4	02101-55	\$36	\$54
10:45 AM	11:15 AM	Water Acclimation Stage 1	02202-56	\$36	\$54
<b>Youth 6-12 y</b>					
10:00 AM	10:40 AM	Water Acclimation Stage 1	02202-07	\$48	\$72
10:00 AM	10:40 AM	Stroke Introduction Stage 4	02201-57	\$48	\$72
10:45 AM	11:25 AM	Water Movements Stage 2	02201-58	\$48	\$72
10:45AM	11:25 AM	Water Stamina Stage 3	02201-59	\$48	\$72
11:30 AM	12:10 PM	Water Acclimation Stage 1	02202-08	\$48	\$72
11:30 AM	12:10 PM	Stroke Development Stage 5	02201-60	\$48	\$72
12:15 PM	12:55 PM	Stroke Introduction Stage 4	02201-61	\$48	\$72
<b>Teen &amp; Adult 13 up</b>					
9:00 AM	9:40 AM	Swim Basics Stage 1 / 2	02301-04	\$48	\$72
<b>• SUNDAY •</b>					
<b>Infants &amp; Toddlers 06 m – 36 m</b>					
9:30 AM	10:00 AM	Water Discovery Stage A	02101-62	\$36	\$54
10:05 AM	10:35 AM	Water Exploration Stage B	02101-63	\$36	\$54
<b>Preschool 3- 5 y</b>					
9:30 AM	10:00 AM	Water Acclimation Stage 1	02101-64	\$36	\$54
10:05 AM	10:35 AM	Water Stamina Stage 3	02101-65	\$36	\$54
10:40 AM	11:10 AM	Water Movements Stage 2	02101-66	\$36	\$54
10:40 AM	11:10 AM	Stroke Introduction Stage 4	02101-67	\$36	\$54
11:15 AM	11:45 AM	Water Acclimation Stage 1	02101-68	\$36	\$54
11:15 AM	11:45 AM	Water Stamina Stage 3	02101-69	\$36	\$54
10:45 AM	11:15 AM	WaterAcclimation Stage 1	02101-70	\$36	\$54
11:20 AM	11:50 AM	Water Movements Stage 2	02101-72	\$36	\$54
<b>Youth 6-12 y</b>					
10:15 AM	10:55 AM	Water Acclimation Stage 1	02201-73	\$48	\$72
11:00 AM	11:40 AM	Water Movements Stage 2	02201-74	\$48	\$72
11:15 AM	11:55 AM	Water Stamina Stage 3	02201-75	\$48	\$72
12:00 AM	12:40 PM	Stroke Introduction Stage 4	02201-76	\$48	\$72
<b>Teen &amp; Adult 13 up</b>					
9:30 AM	10:10 AM	Swim Basics Stage 1 / 2	02301-05	\$48	\$72

## 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 floatation 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 floatation 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 floatation 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**