



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y ALEXANDRIA

## Fall I Swim Session

### September 7 to October 27

Registration: Full Privilege August 13 & Program members August 26



Register online,  
Front desk,  
to Cece, Aquatics Director, or  
Milica, Aquatics Coordinator

**ACTIVE YMCA MEMBERSHIP IS REQUIRED PRIOR THE REGISTRATION**



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• Tuesday & Thursday AM only • 7 weeks •					
Teen & Adult 13 up					
5:45 AM	6:45 AM	Adult Stroke Clinic	02301-31	\$185	\$285
• SATURDAY • 8 weeks •					
Infants & Toddlers 06 m – 36 m					
9:00 AM	9:30 AM	Water Discovery Stage A	02101-47	\$72	\$108
9:35 AM	10:05 AM	Water Exploration Stage B	02101-48	\$72	\$108
10:10 AM	10:40 AM	Water Exploration Stage B	02101-49	\$72	\$108
Preschool 3- 5 y					
9:00 AM	9:30 AM	Water Acclimation Stage 1	02101-50	\$72	\$108
9:35 AM	10:05 AM	Water Movements Stage 2	02101-51	\$72	\$108
10:10 AM	10:40 AM	Water Stamina Stage 3	02101-52	\$72	\$108
10:45 AM	11:15 AM	Water Movements Stage 2	02101-53	\$72	\$108
11:20 AM	11:50 AM	Water Acclimation Stage 1	02101-54	\$72	\$108
11:55 AM	12:25 AM	Stroke Introduction Stage 4	02101-55	\$72	\$108
10:45 AM	11:15 AM	Water Acclimation Stage 1	02202-56	\$72	\$108
Youth 6-12 y					
10:00 AM	10:40 AM	Water Acclimation Stage1	02202-07	\$96	\$144
10:00 AM	10:40 AM	Stroke Introduction Stage 4	02201-57	\$96	\$144
10:45 AM	11:25 AM	Water Movements Stage 2	02201-58	\$96	\$144
10:45AM	11:25 AM	Water Stamina Stage 3	02201-59	\$96	\$144
11:30 AM	12:10 PM	Water Acclimation Stage1	02202-08	\$96	\$144
11:30 AM	12:10 PM	Stroke Development Stage 5	02201-60	\$96	\$144
12:15 PM	12:55 PM	Stroke Introduction Stage 4	02201-61	\$96	\$144
Teen & Adult 13 up					
9:00 AM	9:40 AM	Swim Basics Stage 1 / 2	02301-04	\$96	\$144
• SUNDAY • 8 weeks •					
Infants & Toddlers 06 m – 36 m					
9:30 AM	10:00 AM	Water Discovery Stage A	02101-62	\$72	\$108
10:05 AM	10:35 AM	Water Exploration Stage B	02101-63	\$72	\$108
Preschool 3- 5 y					
9:30 AM	10:00 AM	Water Acclimation Stage 1	02101-64	\$72	\$108
10:05 AM	10:35 AM	Water Stamina Stage 3	02101-65	\$72	\$108
10:40 AM	11:10 AM	Water Movements Stage 2	02101-66	\$72	\$108
10:40 AM	11:10 AM	Stroke Introduction Stage 4	02101-67	\$72	\$108
11:15 AM	11:45 AM	Water Acclimation Stage 1	02101-68	\$72	\$108
11:15 AM	11:45 AM	Water Stamina Stage 3	02101-69	\$72	\$108
11:20 AM	11:50 AM	Water Movements Stage 2	02101-72	\$72	\$108
Youth 6-12 y					
10:15 AM	10:55 AM	Water Acclimation Stage 1	02201-73	\$96	\$144
11:00 AM	11:40 AM	Water Movements Stage 2	02201-74	\$96	\$144
11:15 AM	11:55 AM	Water Stamina Stage 3	02201-75	\$96	\$144
12:00 AM	12:40 PM	Stroke Introduction Stage 4	02201-76	\$96	\$144
Teen & Adult 13 up					
9:30 AM	10:10 AM	Swim Basics Stage 1 / 2	02301-05	\$96	\$144



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## **• Fall I • September 7 to October 27 • 8 weeks •**

### **CLASS CODE LOOK UP**

Example:

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

### **CLASS DESCRIPTIONS**

#### **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 class 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.



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### **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.

### **Items to bring for Lesson:**

1. Goggles (preferable)
2. Swim cap (preferred)
3. Shoulder length hair need to be in pony tail
4. Swim dippers with rubber swim pants for babies/ toddlers (anyone who is not toilet trained)
5. Flip flops or pool shoes (no street shoes on the pool deck)

### **Make-Up Policy**

There are NO make-ups for missed classes, whether your child is sick, out of town, or unable to attend. Your child may not attend a class at another time slot in place of a missed class. This is because there is an instructor to participant ratio that we are required to follow.

### **Refund / Cancellation Policy**

1. The Y-ALX aquatics department will only credit/refund money due to medical reasons with a doctor note.
2. 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.
3. 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.
4. The YMCA does not offer make-ups for individual absences.
5. 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.
6. **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.
7. Only the Aquatics Director will approve refund for a reason not mentioned above.
8. **After the second class, you will not be able to register for the program**
9. **Late registration, will not be prorated**