



YMCA Fairfax County Reston

Fall II Group Swim Lesson: 10/28/2019 – 12/31/2019

No classes on Saturday 12/28/2019

Saturdays total of 8 classes, YSD (Sat & Sun) total of 14 classes

Start	End	Class – AGE - Saturdays	Class Code	FULL M.	Program M.	Start day	Last Day
8:35am	9:25am	Adult Stage 1/2	02301-02	\$85	\$135	11/02	12/21
8:35am	9:25am	Adult Stage 3/4	02301-06	\$85	\$135	11/02	12/21
8:35am	9:25am	Adult Stage 5/6	02301-07	\$85	\$135	11/02	12/21
9:35 am	10:05 am	Stage A Water Discovery 6 mon-2	02101-03	\$85	\$135	11/02	12/21
9:35 am	10:05 am	Stage B Water Exploration 2-4	02101-05	\$85	\$135	11/02	12/21
9:35 am	10:05 am	Stage 2 Water Movement 3-5	02101-29	\$85	\$135	11/02	12/21
9:35 am	10:05 am	Stage 3 Water Stamina 3-5	02101-78	\$85	\$135	11/02	12/21
9:35 am	10:05 am	Stage 4 Stroke Introduction 3-5	02102-04	\$85	\$135	11/02	12/21
10:10 am	10:55 am	Stage 1 Water Acclimation 6-12	02201-07	\$85	\$135	11/02	12/21
10:10 am	10:55 am	Stage 2 Water Movement 6-12	02201-09	\$85	\$135	11/02	12/21
10:10 am	10:55 am	Stage 3 Water Stamina 6-12	02201-19	\$85	\$135	11/02	12/21
10:10 am	10:55 am	Stage 4 Stroke Introduction 6-12	02201-45	\$85	\$135	11/02	12/21
11:00 am	11:30 am	Stage 1 Water Acclimation 3-5	02101-30	\$85	\$135	11/02	12/21
11:00 am	11:30 am	Stage 2 Water Movement 3-5	02102-29	\$85	\$135	11/02	12/21
11:00 am	11:30 am	Stage 3 Water Stamina 3-5	02101-79	\$85	\$135	11/02	12/21
11:00 am	11:30 am	Stage 4 Stroke Introduction 3-5	02102-05	\$85	\$135	11/02	12/21
11:35 am	12:20 pm	Stage 2 Water Movement 6-12	02202-10	\$85	\$135	11/02	12/21
11:35 am	12:20 pm	Stage 3 Water Stamina 6-12	02202-20	\$85	\$135	11/02	12/21
11:35 am	12:20 pm	Stage 5 Stroke Development 6-12	02202-07	\$85	\$135	11/02	12/21
11:35 am	12:20 pm	Stage 6 Stroke Mechanics 6-12	02202-42	\$85	\$135	11/02	12/21
12:30 pm	1:15 pm	Stage 4 Stroke Introduction 6-12	02202-46	\$85	\$135	11/02	12/21
12:30 pm	1:15 pm	Youth stroke 6-13	02501-02	\$125	\$175	11/02	12/22
12:30pm	1:15pm	Teen 13-17	02301-54	\$85	\$135	11/02	12/22

REFUND/CANCELLATION POLICY:

- The Y-Reston 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-Reston cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given.
- 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.



YMCA Fairfax County Reston

Fall II Group Swim Lesson: 10/28/2019 – 12/31/2019

Due to a home swim-meets it will be no classes on 11/10 and 12/08

Sundays total of 6 classes, YSD (Sat & Sun) total of 14 classes

Start	End	Class – AGE - Sundays	Class Code	Full M.	Program M.	Start Day	Last Day
9:35 am	10:05 am	Stage A Water Discovery 6 mon-2	02101-04	\$65	\$100	11/03	12/22
9:35 am	10:05 am	Stage B Water Exploration 2-4	02101-06	\$65	\$100	11/03	12/22
9:35 am	10:05 am	Stage 2 Water Movement 3-5	02101-32	\$65	\$100	11/03	12/22
9:35 am	10:05 am	Stage 3 Water Stamina 3-5	02101-81	\$65	\$100	11/03	12/22
9:35 am	10:05 am	Stage 4 Stroke Introduction 3-5	02102-06	\$65	\$100	11/03	12/22
10:10 am	10:55 am	Stage 2 Water Movement 6-12	02201-11	\$65	\$100	11/03	12/22
10:10 am	10:55 am	Stage 3 Water Stamina 6-12	02201-22	\$65	\$100	11/03	10/22
10:10 am	10:55 am	Stage 4 Stroke Introduction 6-12	02201-47	\$65	\$100	11/03	10/22
11:00 am	11:30 am	Stage 1 Water Acclimation 3-5	02101-33	\$65	\$100	11/03	10/22
11:00 am	11:30 am	Stage 2 Water Movement 3-5	02101-24	\$65	\$100	11/03	10/22
11:00 am	11:30 am	Stage 3 Water Stamina 3-5	02101-82	\$65	\$100	11/03	10/22
11:00 am	11:30 am	Stage 4 Stroke Introduction 3-5	02102-07	\$65	\$100	11/03	10/22
11:35 am	12:20 pm	Stage 2 Water Movement 6-12	02101-12	\$65	\$100	11/03	10/22
11:35 am	12:20 pm	Stage 3 Water Stamina 6-12	02202-23	\$65	\$100	11/03	10/22
11:35 am	12:20 pm	Stage 5 Stroke Development 6-12	02202-30	\$65	\$100	11/03	10/22
11:35 am	12:20 pm	Stage 6 Stroke Mechanics 6-12	02202-43	\$65	\$100	11/03	10/22
12:30 pm	1:15 pm	Stage 4 Stroke Introduction 6-12	02201-48	\$65	\$100	11/03	10/22
12:30 pm	1:15 pm	Stage 5 Stroke Development 6-12	02202-31	\$65	\$100	11/03	10/22
12:30 pm	1:15 pm	Youth stroke 6-13	02501-02	\$125	\$175	11/02	10/22
1:20pm	2:05pm	Stage 1 Water Acclimation 6-12	02203-04	\$65	\$100	11/03	10/22
1:20pm	2:05pm	Stage 3 Water Stamina 6-12	02203-05	\$65	\$100	11/03	10/22
1:20pm	2:05pm	Stage 6 Stroke Mechanics 6-12	02203-06	\$65	\$100	11/03	10/22

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- After the second class, you will not be able to register for the program.
- Late registration will not be prorated.



YMCA Fairfax County Reston

Fall II Group Swim Lesson: 10/28/2019 -12/31/2019

No classes on Thanksgiving-day ,Thursday 11/28/2019

Total of 7 classes – Mon-Wed 16 classes

Start	End	Classes Mon-Fri	Class Code	Full M.	Program M.	Start Day	Last Day
6:30AM	7:30AM	ADULT STROKE CLINIC- Mon-Wed	02301-11	\$120	\$180	10/28	12/19
9:20AM	10:10 AM	Adult Stage1/2 - Thursday	02301-05	\$75	\$115	10/19	12/24
10:15AM	11:05 AM	Adult Stage3/4- Thursday	02301- 03	\$75	\$115	10/19	12/24
11:10AM	12:00PM	Adult Stage5/6 - Thursday	02301- 04	\$75	\$115	10/19	12/24

Parent/Child swim lessons ages 6 months to 3 years

Introduce your child to swimming with fun songs and games. These classes will teach basic swimming skills and educate parents on water safety with children

Level A Water Discovery ages 6 months to 18 months

Level B Water Exploration ages 19 months to 36 months

Preschool swim lessons ages 3 years to 5 years

Level 1 Water Acclimation (Pike) beginner class with floatation and children comfortable in class w/o a parent

Level 2 Water Movement (Pike) advanced beginner level class students can put face in the water, swim 5 feet (from the T to the wall) w/o floatation device, comfortable on back w/o floatation device.

Level 3 Water Stamina (Eel) intermediate class students can swim 15 feet (from the flags to the wall) face in water & arms out of water w/o floatation device and 15 feet on back w/o floatation device

Level 4 Stroke Introduction (Ray) advanced class students can swim one length of pool on back & front face in water w/o floatation device tread water :30 s

Youth swim lessons ages 6 years to 12 years

Level 1 Water Acclimation (Poliwog) beginner class for children who have little to no swim experience

Level 2 Water Movement (Poliwog) beginner/intermediate class students can swim one length of pool on front with face in water, comfortable in deep water & swimming on back.

Level 3 Water Stamina (Guppy) combination class for students in between levels and comfortable in deep water.

Level 4 Stroke Introduction (Minnow/Fish) able to swim one length front crawl with rotary breathing & one length back crawl

Level 5 Stroke Development (Flying Fish) able to swim two lengths front crawl & two lengths of backstroke. Must know breaststroke & butterfly kick

Level 6 Stroke Mechanics (Shark) able to swim eight lengths continuously, two lengths of each stroke: front crawl, backstroke, breaststroke, & butterfly. Able to perform flip turns & racing dives

Youth Stroke Development - class for advanced swimmers who can swim a 200 Individual medley of freestyle, backstroke, breaststroke, and butterfly, perform flip turns and racing dives.

Teen swim lessons ages 12 years to 17 years

Teen I (Level ½) teens with limited swimming experience or fear of water, teaches basic swimming skills in shallow water & progressing into deep water

Teen II (Level ¾) teens who know freestyle & backstroke; skills will be strengthened. Deep water comfort continues

Teen III (Level 5/6) teens comfortable in deep water & want to improve strokes Turns & starts introduced

Adult swim lessons ages 18 and up

Adult I (Level ½) - adults with fear of water or limited water experience. Teaches basic swimming skills, deep water introduced

Adult II (Level ¾) -adults with basic knowledge of freestyle & backstroke. Skills strengthened, deep water

Adult III (Level 5/6) -adults comfortable in deep water. Form improved and new strokes introduced with emphasis on endurance and mastering skills

Adult stroke clinic - coached workout for open water swims, triathlons, swim meets or fitness. Workouts separated into drill, distance and speed

Master Swim - Designed for the triathlete or competitive swimmer who wants to improve time and stroke

