



Outdoor Pool Opens: May 26, 2018

Spring II Classes: May 29 – June 24

Summer I Classes: June 25 – July 22

Summer II Classes: July 30 – September 1

Fall I Classes: Coming soon

Welcome to the YMCA Arlington Aquatics Program! We have a swim class for every skill level and interest, but our programs are about more than just the techniques and skills. These classes are about building friendships, enhancing self-esteem, and creating positive experiences that will last a lifetime. It is through a child-centered approach in our program that kids learn through play, hands-on exercises and creative repetition. Classes are divided into groups based on age and ability and in these classes our trained instructors emphasize personal safety as well as building swimming, endurance and social skills. It's our desire at the Y that every child in our community has the opportunity to learn how to swim; no one should be turned away from our programs due to inability to pay.

Take a look at all of our classes, they are organized in order of age and experience level from the least to the greatest. **Please note that if there are less than 3 participants signed up for the class, it will be cancelled.** Make-up classes are listed in the class schedules.

Preschool Swim Lessons

Level 1 – Water Acclimation

(2.5-5 Years)

This class is designed as a bridge between the Parent/Child and the Pike Class. It is utilized to further skills before being able to go in the water with only the instructor. NOTE: A parent/guardian must be in the water with the children during this introduction class.

Class No.	Day(s)	Time	Session	Dates	Full Member	Prog. Member
02101 05	Saturday	9:30-10:00am	Summer II	August 4 - September 1	\$48	\$63

Level 2 – Water Movement

(3-5 Years)

At this level, children usually begin attending classes without their parents. This level helps children develop safe pool behavior, adjust to the water; and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.

Class No.	Day(s)	Time	Session	Dates	Full Member	Prog. Member
02101 13	Saturday	10:00-10:30am	Summer II	August 4 - September 1	\$48	\$63

Level 3 – Water Stamina

(3-5 Years)

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to flutter kick, dive, and float and perform the progressive paddle stroke. Children should be able to swim across the pool without assistance by the end of this level.

Class No.	Day(s)	Time	Session	Dates	Full Member	Prog. Member
02101 30	Tuesday & Thursday	4:00-4:30pm	Summer II	July 31 – August 30	\$94	\$125
02201 01	Saturday	10:30-11:00am	Summer II	August 4 -September 1	\$48	\$63

Level 4 – Stroke Development

(3-5 Years)

At this level children review previous skills, improve stroke skills, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

Class No.	Day(s)	Time	Session	Dates	Full Member	Prog. Member
02101 39	Tuesday & Thursday	4:30-5:00pm	Summer II	July 31 – August 30	\$94	\$125

Youth Swim Lessons

Level 2-Water Movement

(6-11 Years)

This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming movements.

Class No.	Day(s)	Time	Session	Dates	Full Member	Prog. Member
02201 01	Saturday	11:00-11:45pm	Summer II	August 4 -September 1	\$45	\$60
02201 03	Tuesday & Thursday	5:00-5:45pm	Summer II	July 31 – August 23	\$90	\$120

Level 3-Water Stamina/ Level 4-Stroke Introduction

(6-11 Years)

The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. Lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke are introduced and refined. Some personal safety and rescue skills may be presented.

Class No.	Day(s)	Time	Session	Dates	Full Member	Prog. Member
02201 09	Tuesday & Thursday	5:45-6:30pm	Summer II	July 31 – August 30	\$90	\$120

Private Swim Lessons

Our private swim lessons are for any member no matter the age or skill level. Our trained instructors are ready to help our members of all ages learn to swim or define their existing skills. These lessons are available at any point during our aquatics season. If you would like to swim with another person or two, please sign up for our Semi-Private lessons. If you have questions or concerns please feel free to ask!

Private Swim Lessons

Class Session	Full Member	Prog. Member
One Session	\$40	\$55
Three Sessions	\$110	\$160
Six Sessions	\$200	\$300

Semi-Private Swim Lessons

Class Session	Full Member	Prog. Member
One Session	\$45	\$70
Three Sessions	\$130	\$190
Six Sessions	\$240	\$360