



Swim Lesson Schedule Fall 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Starters		Swim Basics			Swim Strokes		Stage 6
<p>A Water Discovery</p>	<p>B Water Exploration</p>	<p>1 Water Acclimation</p>	<p>2 Water Movement</p>	<p>3 Water Stamina</p>	<p>4 Stroke Introduction</p>	<p>5 Stroke Development</p>	<p>6 Stroke Mechanics</p>
Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.	Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety skills.	Increases comfort with Underwater exploration and introduces basic self-rescue skills performed with assistance.	Encourages forward movement in water and basic self-rescue skills performed independently.	Develops intermediate self-rescue skills performed at longer distances than in previous stages.	Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.
Saturdays		Tuesday and Thursday			Tuesday and Thursday		
9:00a-9:30a	9:30a-10:00a	5:10p-5:40p	5:10p-5:40p	5:10p-5:40p	5:10p-5:40p	5:10p-5:55p	5:00p-6:00p
Aug 3-24		5:50p-6:20p	5:50p-6:20p	5:50p-6:20p	5:50p-6:20p	6:00p-6:45p	6:00p-7:00p
Sept 7-28		6:30p-7:00p	6:30p-7:00p	6:30p-7:00p	6:30p-7:00p		
Oct 5-26		August 6-29			August 6-29		
Nov 2-23		(Tuesdays ONLY) Sept 3-24*			(Tuesdays ONLY) Sept 3-24*		
Dec 7-28		(Tuesdays ONLY) Oct 1-22*			(Tuesdays ONLY) Oct 1-22*		
		Oct 29 -Nov 21			Oct 29 -Nov 21		
Swim Starters Cost: Member: \$20 Community: \$40		Tuesday and Thursday			Tuesday and Thursday		
		5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:10p-5:55p	5:00p-6:00p
		6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-6:45p	6:00p-7:00p
		(3 Week Session) Dec 3-19*			(3 Week Session) Dec 3-19*		
		Registration for members begins on the 10th of the month prior. Community registration begins on the 15th of the month prior.			Swim Basics and Swim Strokes Cost: Members: \$35 Community: \$70 Stage 6 Cost: Members: \$40 Community: \$75 *Prices prorated for shorter session		



Swim Lesson Schedule Fall 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Assessments		INFORMATION TO BE SUCCESSFUL
Saturdays 10:00a -10:15a		<p>When you arrive...</p> <p>Please check in with the Welcome Center Desk with your membership ID card or by signing in on the class roster.</p> <p>Where can I watch my child?</p> <p>Parents may be on the pool deck. We ask you to stand back from class so the instructors may have the full attention of your child.</p> <p>We cannot attend class-- Can we schedule a make-up? Or attend a different class time?</p> <p>The James Family Prescott YMCA does not offer make up classes due to personal absences. We will not allow children to attend a different class time to keep within the instructor to participant ratio.</p> <p>What happens if the pool closes?</p> <p>Our staff will notify parents as soon as an issue arises and we will, to the best of our ability, schedule a makeup class.</p>
<p>Don't know where to place your child? Come to a FREE swim skills assessment date. Find out which stage to register your child for! Class space is limited, take a swim assessment early so you may register for the correct level.</p>		
DATES		
3-Aug	19-Oct	
10-Aug	26-Oct	
17-Aug	2-Nov	
24-Aug	9-Nov	
7-Sep	16-Nov	
14-Sep	23-Nov	
21-Sep	7-Dec	
5-Oct	14-Dec	
12-Oct	21-Dec	
Adult Swim Lessons		<p>More Questions? Contact: Lacey Stone 928-445-7221 ex 239 or lacey.stone@prescottymca.org</p>
Saturdays 9:00a-9:45a		
August 3-24	<p>Cost: Members: \$25 Community: \$50</p>	
September 7-28		
October 5-26		
November 2-23		
December 7-21		