



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE IN MAKE A SPLASH SWIM LESSONS



FALL 2019 SWIM LESSONS INDIANOLA YMCA

Monday and Wednesday Nights

- 4 weeks – 2 days/week = 8 lessons
- Preschool Stage 1, 2, 3: 5:30 pm to 6:00 pm
- School age Stage 3, 4, 5 6: 6:15 pm to 6:55 pm
- Fee: \$60/members | \$120/non-members
- **Fall 1: September 9th–October 2nd**
 - Deadline: September 2nd
- **Fall 2: October 7th–October 30th**
 - Deadline: September 30th
- **Fall 3: November 4th– November 27th**
 - Deadline: October 28th

Saturday Mornings

- 4 weeks – 1 day/week = 4 lessons
- Preschool – 9:45am–10:15am
- School age – 9:00am–9:40am
- Fee: \$30/members | \$60/non-members
- **Fall 1: September 7th– September 28th**
 - Deadline: August 31st
- **Fall 2: October 5th– October 26th**
 - Deadline: September 28th
- **Fall 3: November 2nd– December 7th**
 - No class 11/16 & 11/30
 - Deadline: October 26th

More Info

- Register by calling 515-777-7746 or visiting the YMCA Welcome Center
- Make-ups will only be scheduled due to YMCA cancellation.
- **Refund policy: No refund, system credit or transfer will be allowed after registration deadline.**

Financial Assistance

The YMCA of Greater Des Moines programs and activities are designed to benefit people from all backgrounds and fees are based on the cost of providing each program. While participants are expected to pay their share, we believe cost should never be a barrier that keeps kids from learning how to swim. The Y will assist any individual/family who wants to participate but cannot afford the fee.

Parent and Child (Water Discovery & Exploration)

- 4 weeks – 1 day/week = 4 lessons
- Tuesday – 6:30 pm to 7:00 pm
- Saturday – 9:00 to 9:30 am
- Fee: \$10/members | \$20/non-members
- **Fall 1: September 3rd– September 24th**
 - Deadline: August 27th
- **Fall 1: September 7th– September 28th**
 - Deadline: August 31th
- **Fall 2: October 1st– October 29th (no class 10/22)**
 - Deadline: September 24th
- **Fall 2: October 5th– October 26th**
 - Deadline: September 28th
- **Fall 3: November 5th–November 26th**
 - Deadline: October 29th
- **Fall 3: November 2nd– December 7th**
 - No class 11/16 & 11/30
 - Deadline: October 26th

Private Lessons

- 4 lessons– 30 min. per lesson
- Scheduled upon request and availability
- Request forms are located at the front desk
- Fee: \$100/members | \$200/non-members



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



PARENT & CHILD

A: Water Discovery

Ages 6mo – 18 mo.

B: Water Exploration

Ages 18 mo. – 3 years



PRESCHOOL

Ages 3 – 5 years

Levels 1 - 3



SCHOOL AGE

Ages 5 – 12 years

Levels 1 - 4



TEEN

Ages 10 - 14 years

Levels 1 - 3

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Is the child 1 ½ years old?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student voluntarily put his or her face in the water?

NOT YET

1 / WATER
ACCLIMATION

Is the student comfortable moving from a front float using basic Freestyle swimming skills to a back float /Backstroke?

NOT YET

2 / WATER
MOVEMENT

Can the student swim a basic Freestyle stroke including breathing to the side? Has the student learned Breaststroke?

NOT YET

3 / WATER
STAMINA

Has the student learned Butterfly? Is the student ready for endurance (multiple lap) swimming?

NOT YET

4 / STROKE
INTRODUCTION

Has the student been taught all four strokes including Freestyle, Backstroke, Breaststroke and Butterfly?

YES!

AIA / Level 1
STROKE DEVELOPMENT

Is the student ready to refine all four strokes, swim laps for exercise and fun or learn more about competitive swimming?

YES!

AIA / Level 2
STROKE MECHANICS

* At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship. (AQ>Documents>Flyers)