MAKE A SPLASH IN SWIM LESSONS

ALL lessons, through Stage 4, will be in the Recreation Pool as we focus on stroke skills and mechanics before endurance.

Tuesday and Thursday Nights
- 4 weeks – 2 days/week = 8 lessons
- Preschool Stages: 1, 2, 3 5:30 pm to 6:00 pm
- School age Stages: 1, 2, 3, 4 6:15 pm to 6:45 pm
- Fee: $60/members | $120/non-members
  
  Spring 1: March 24–April 16, 2020
  Deadline: March 17, 2020
  Spring 2: April 21–May 21, 2020
  Deadline: April 14, 2020

Saturday Mornings
- 4 weeks – 1 day/week = 4 lessons
- Preschool Stages: 1, 2, 3 8:30am–9:00am
- School age Stages: 1, 2, 3, 4– 9:15am–9:45am
- Fee: $30/members | $60/non-members
  
  Spring 1: March 28–April 25, 2020
  (no class 4/11 due to Easter)
  Deadline: March 21, 2020
  Spring 2: May 2–May 30, 2020
  (no class 5/23 due to Memorial Weekend)
  Deadline: April 25, 2020

Parent and Child (Water Discovery & Exploration)
- 4 weeks – 1 day/week = 4 lessons
- Fee: $10/members | $20/non-members

Tuesday Nights (7:00–7:30 pm)
  
  Spring 1: March 24–April 14, 2020
  Deadline: March 17, 2020
  Spring 2: April 21–May 21, 2020
  Deadline: April 14, 2020

Saturday Mornings (10:00–10:30 am)
  
  Spring 1: March 28–April 25, 2020
  (no class 4/11 due to Easter)
  Deadline: March 21, 2020
  Spring 2: May 2–May 30, 2020
  (no class 5/23 due to Memorial Weekend)
  Deadline: April 25, 2020

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.
WHAT AGE GROUP DOES THE STUDENT FALL INTO?

- **PARENT & CHILD**
  - A: Water Discovery
    - Ages 6mo – 18mo.
  - B: Water Exploration
    - Ages 18mo – 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, step-parents, grandparents, or any other type of parenting relationship.*

(Added: Documents>Flyers)