



SUMMER SWIM LESSONS

@ EAGLE HARBOR-DEL CITY

Registration for Members opens May 1st! Non-Member Registration begins May 7th.

- **Session 1: June 5th-15th**
(Registration ends May 28th)
- **Session 2: June 19th-29th**
(Registration ends June 11th)
- **Session 3: July 10th-July 20th**
(registration ends July 2nd)
- **Session 4: July 24th-Aug. 3rd**
(registration ends July 16th)

Family Members: \$15.00
Youth/Adult Membership: \$25.00
Non-Members: \$40.00

For Questions or for further information, please feel free to contact Kasey Handley, Aquatics Director at 405-733-9622 or khandley@ymcaokc.org

Swim lessons for June & July will be in **TWO WEEK SESSIONS.**

Lessons will be Monday through Thursday

We will be offering lessons at Reno Swim & Slide in the mornings & at the MWC Y in the evenings. Make-up lessons will be on Fridays if needed.

Class Times:

PRE-SCHOOL (3YRS-5YRS) Swim Basics

Stage 1-Water Acclimation

- Monday-Thursday 10:30-11:00AM
- Monday-Thursday 10:30-11:00AM

Stage 2-Water Movement

- Monday-Thursday 9:45-10:15
- Monday-Thursday 10:30-11:00AM

YOUTH (6YRS-12YRS) Swim Basics

Stage 1-Water Acclimation

- Monday-Thursday 9:00-9:40AM
- Monday-Thursday 9:45-10:25AM

Stage 2-Water Movement

- Monday-Thursday 9:00-9:40AM
- Monday-Thursday 9:45-10:25AM

Stage 3-Water Stamina

- Monday-Thursday 9:00-9:40AM

Levels and skills are listed on the back of this page. **Max for Preschool class is 6, minimum of 4 to hold. Max for Youth is 8, minimum of 6 to hold.**

Classes are subject to cancellation due to weather or pool closing. We will try to make up all canceled classes, but we only guarantee one make up lesson due to cancellation per session.

REFUNDS and CLASS CHANGES are only considered for approval if written notice is given at least 5 business days before the beginning of the session. A \$5 fee will be charged for class changes.



Welcome to YMCA Swim Lessons!!

Lesson Guidelines and Requirements for Class enrollment:

- **Swim Basics-Adult**
(13 yrs & Up)

-No previous experience needed

- **Swim Starters-Parent/Child**
(6 mo.-2yrs)

Stages A&B-Water Discovery & Exploration

-No previous experience needed.

- **Swim Basics-Pre-school**
(3yrs-5yrs)

Stage 1-Water Acclimation

-No previous experience needed.

Stage 2-Water Movement

-MUST be able to submerge face under water.

Stage 3-Water Stamina

-MUST be able to submerge face AND be able to float unassisted on front and back.

- **Swim Basics-School Age**
(6yrs-12yrs)

Stage 1-Water Acclimation

-No previous experience needed.

Stage 2-Water Movement

-MUST be able to submerge face under water.

Stage 3-Water Stamina

-MUST be able to submerge face AND be able to float unassisted on front and back.

- **Swim Strokes-School Age**
(6yrs-12yrs)

Stage 4-Stroke Introduction

-MUST be able to submerge face.

-MUST be able to float unassisted on front and back.

-MUST swim unassisted 10-15 yards (roughly half the pool length) on front and back.

- **Stage 5-Stroke Development**

-MUST be able to submerge face.

-MUST be able to float unassisted on front and back.

-MUST swim unassisted 10-15 yards (roughly half the pool length) on front and back.

-MUST be able to swim 15 yards of front and back crawl.

-MUST be able to perform 10-15 yards of breaststroke and dolphin kick.

- **Stage 6-Stroke Mechanics**

-MUST be able to submerge face

-MUST be able to float unassisted on front and back.

-MUST swim unassisted 10-15 yards (roughly half the pool length) on front and back.

-MUST be able to swim 25 yards of front and back crawl.

-MUST be able to perform 25 yards breaststroke and 15 yards Butterfly.

- **Youth Developmental Swim Team**

-MUST try out with swim team coach.

-MUST be able to swim 25 yards of front and back crawl.

-MUST have knowledge of/interest in learning all strokes.

-Must be able to tread water.