



John P. Thayer YMCA

Swim Lesson Schedule August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Once a Week 4 Lessons Total Aug. 5, 12, 19, & 26	Once a Week 4 Lessons Total Aug. 6, 13, 20, & 27	Once a Week 4 Lessons Total Aug. 7, 14, 21, & 28	Once a Week 4 Lessons Total Aug. 8, 15, 22, & 29	Makeup Lesson For Pool Closures
5:30-6PM Preschool 1 Preschool 2 6:15-6:45PM School Age 1 School Age 2 7-7:30PM Teen Adult	5:30-6PM Preschool 1 Preschool 2 6:15-6:45PM School Age 1 School Age 2 7-7:30PM School Age 3 School Age 4	5:30-6PM Preschool 1 Preschool 2 6:15-6:45PM School Age 1 School Age 2 7-7:30PM Teen Adult	5:30-6PM Preschool 1 Preschool 2 6:15-6:45PM School Age 1 School Age 2 7-7:30PM School Age 3 School Age 4	In the event of unforeseen pool closures such as contamination, weather, etc., that class only will be rescheduled to the Friday of that week.

- Group lessons are \$45.00 for members, and \$60.00 for non-members, per child, per weekday, for 4 lessons total.
- Multiple classes may be purchased; however, participants can only participate in the class/es day registered for.
- Registration opens 2 weeks prior to each new session, and is available online, or at the front desk.
- Please wear appropriate swimsuits and follow all age restrictions.
- Participants need a swimsuit & towel only for the lesson.
- Deck Managers reserve the right to move students based on skill level.



LESSON STAGES

ADULT 20+ years old

TEEN 13-19 years old

Stage 1 – Beginner class which increases comfort in the water and teaches basic swimming skills. Forward movement on front and back with kick and stroke technique development.

PARENT CHILD 6 months-3 years old

Stage A/B – Our parent child-swim lesson introduces toddlers to the aquatic environment. Water acclimation, assisted back/front floats, & kicking is taught along with water safety.

PRESCHOOL 3-5 years old

SCHOOL AGE 6-12 years old

Stage 1 – Water Acclimation: Beginner class that increases comfort with underwater exploration and introduces basic self-rescue skills. Class includes front and back floats and glides, full body submersion, and safe water entry and exit.

Stage 2 – Water Movement: Beginner class which encourages forward movement in the water and basic self-rescue skills. Class includes independent front and back glides and floats, full body submersion, and safe water entry and exit.

Stage 3 – Water Stamina: Intermediate class encourages forward movement in the water for longer distances and introduces more advanced self-rescue skills. Class includes independent front and back glides/floats, retrieving objects from the bottom of the pool, and safe water entry and exit.

Stage 4 – Stroke Introduction: Advanced class introducing basic stroke technique for freestyle and backstroke, breaststroke, and butterfly.

Stage 5 – Stroke Development: Advanced class which refines all strokes with continued focus on treading water and endurance. Dives are introduced. Students must be able to swim one length of the pool, 25 meters, to enter this class.

YCS-Aquatics Conditioning: Class focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. As you work with students in this program, focus on the following important milestones: developing endurance in the competitive strokes, developing skills related to competitive swimming, such as flip turns, starts, and finishes.

Private Lessons-Available on Request

Private Lessons are scheduled once a week for 30 minutes total. These may be purchased in groups of 2 lessons for \$50.00, or 4 lessons \$100.00. Once an instructor and a weekly day/time is confirmed, with the Aquatics Coordinator, regular lessons will begin. Participants may purchase more lessons after their session based on instructor availability, and waitlist participants. Please see the refund/makeup policy for cancellations.

REFUND/MAKEUP POLICY: If your child has not participated in any lesson after registration, a full refund or a system credit will be reflected on your account. A makeup lesson or a system credit will only be offered to all participants in the event of unforeseen pool closures such as contamination, weather, etc. Makeup lessons or refunds will not be extended due to participants absence.

CHECK IN REQUIREMENTS FOR SWIMMERS

Parents or guardians, please pay/register at the front desk or online 24 hours prior to your intended lesson starting. The Deck Manager will meet all swimmers at the pool entrance 5-10 minutes before the start of each lesson. Once the lesson is complete, the Swim Instructor and Deck Manager will escort all children to their parents or guardian.

Questions? Please contact:

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