

# ALL- NEW SWIM LESSON SCHEDULE IS HERE!



## **Swim Lessons:**

All swim lessons are 30 minutes in length and include 4 lessons per session. Swimmers may register in multiple sessions for the same level to customize lessons for 1x, 2x or 3x per week.

Fee per session (4 lessons): **\$35 YM \$55 PM**

## **Water Discovery/ Exploration (Swimmers ages: 6 mo. – 2 yrs):(10:1 ratio)**

Introduces infants & toddlers to the aquatic environment and focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills. **\*\*Disposable diapers are not permitted in pools. Swim diapers are required to be worn by children not yet potty-trained.\*\***

## **Level 1,2 (Swimmers ages: 3-5 years old): (5:1 ratio)**

**Level 1: Water Acclimation:** Increases comfort with underwater exploration and introduces basic self-rescue skills with performed assistance..

**Level 2: Water Movement:** Encourages forward movement in water and basic self-rescue skills performed independently

## **Level 3,4 (Swimmers ages: 5-12 years-old): (5:1 ratio)**

**Level 3: Water Stamina:** Develops intermediate self-rescue skills performed at longer distances than in previous stages.

**Level 4: Stroke Introduction:** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

## **Adaptive Lessons: (Max enrollment is 4)**

Adaptive swim lessons are designed for participants who have special needs, including physical, mental, and educational challenges. The class focuses on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play. Caregivers/parents are allowed in the water with the participant.

## **Adult and Teen: (Max enrollment is 8)**

We offer group lessons that are designed to build confidence in teens and adults that are new to swimming. This class provides basic instruction and skill development for anyone that wants to improve their swimming strokes. Instructor will assist in developing an individual training plan to improve skills between class meeting.

Time	Monday	Tuesday	Wednesday	Time	Saturday
4:30p-5:00p	Level 1, 2	Level: 4	Level: 1,2	9:15a-9:45a	Water Discovery
5:00p-5:30p	Level: 3	Adaptive	Level: 3	9:45a-10:15a	Level: 1,2
5:30p-6:00p	Level: 4	Teen/Adult	Level: 4	10:15a-10:45a	Level: 3,4

Have Questions? Visit our website [decatourcountyfamilyymca.org](http://decatourcountyfamilyymca.org) for more details or stop by the Front Desk.

Not sure where your swimmer fits? Grab a "lesson selector" guide at the Front Desk.

Looking for Private Swim Lessons? Please see back for more information.

DECATUR COUNTY FAMILY YMCA  
812-663-9622





## Private/Semi-Private Swim Lesson Registration Form

Please fill out the information below completely so that we can pair you with the appropriate instructor. We look forward to getting you scheduled for private swim lessons soon.

Today's Date: \_\_\_\_\_

Child/Children's Names

Date of Birth

Gender

\_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_

### Swim Experience by child (please circle only one option per swimmer)

Non-Swimmer(will not put face in water) Beginner Some Swim Experience Independent, stroke development

Non-Swimmer(will not put face in water) Beginner Some Swim Experience Independent, stroke development

Non-Swimmer(will not put face in water) Beginner Some Swim Experience Independent, stroke development

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Class: \_\_\_\_ Private (one child) \_\_\_\_ Semi-Private (max 3 children in same household)

Lesson Day/Time Preferences (please indicate days/times for lesson scheduling):

Days: \_\_\_\_\_ Times: \_\_\_\_\_

### PRIVATE SWIM LESSONS: 30 MINUTES

These lessons will provide students with the individual attention to enhance their stroke ability, endurance and form. These lessons can also be customized for teens, adults and seniors to focus on stroke development and aquatic fitness. Individuals can use these lessons to learn the basics of swimming to the more complex stroke techniques.

Meets: Individualized schedules are set up based on availability of instructor and student.

Fees:	Individual Lesson:	\$20 YM	\$35 PM	
	6 Lesson Package:	\$90 YM	\$158 PM	
	12 Lesson Package:	\$180 YM	\$308 PM	(Buy 12 get one 1 FREE)

### SEMI-PRIVATE LESSONS: 30 MINUTES

These lessons are designed to give families the opportunity to enhance their swimming and stroke skills together. Students need to be close to the same swim level. Fees cover up to 2 children.

Meets: Individualized schedules are set up based on availability of instructor and students.

Fees:	6 Lesson Package:	\$135 YM	\$237 PM	
	12 Lesson Package:	\$263 YM	\$463 PM	(Buy 12 get one 1 FREE)
Additional child for max 3:		\$92.50 YM	\$185.25 PM	

Aquatic Use Only:	
Lesson Day/Time	
Instructor	
Start Date	
End Date	