



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SWIM LESSON PROGRAM INFORMATION

*Lessons run on a month to month basis. Enrollment is limited & is on a first come, first serve basis. All class fees are monthly fees & are due by the 1st of each month at the Front Desk or by online registration. If not paid by the 10th of the month, a \$5.00 billing fee will be added to the class cost. The Y will not scholarship billing fees. McPherson Family YMCA reserves the right to combine or cancel any class 2 days prior due to low enrollment.*

### PRESCHOOL & YOUTH SWIM LESSON PREREQUISITES

**PARENT/CHILD LESSONS - Ages 6 months - 3 years**

(Class A) - Water Discovery: Children who are shy and apprehensive about being in the water.

(Class B) - Water Exploration: Children that have begun to blow bubbles in the water with assistance. More willing to get face wet.

**PRESCHOOL LESSONS (3-5 years) & YOUTH LESSONS (5-12 years)**

(Level 1) - Water Acclimation: Children who bob and blow bubbles with assistance and need support floating.

(Level 2) - Water Movement: Children who can kick, splash & blow bubbles without support or assistance.

(Level 3) - Water Stamina: Children who can submerge in chest deep water to retrieve an object & swim 10 yards without support on their front, back, & side.

(Level 4) - Stroke Introduction: Children who can perform over arm strokes on front & back for 15 yards without support.

**YOUTH LESSONS ONLY (Ages 5-12 years) Includes Levels 1-4 listed above**

(Level 5) - Stroke Development: Children who can swim 25 yards & are proficient in Front Crawl, Back Stroke and can Tread water for 2 min.

(Level 6) - Stroke Mechanics: Children who can swim 50 yards using above strokes & flip turn.



# PARENT/CHILD - YOUTH SWIM LESSONS



(Ages 6 months - 14 years) *Class Size: Min. 3, Max. 15 \**  
**Evening Lessons:** 30 minutes once per week for 4 weeks  
**Parent/Child-** Monday: 5:30-6:00 PM  
Member: \$14.50, Non-Member: \$29.00  
(Adult participation required.) \* Class Max. 6 Not offered in Dec.  
(Parent & Child must be members or pay non-member fee.)

**Morning Lessons:** 45 minutes once per week for 4 weeks  
**Preschool-** Wednesday: 10:00-10:45 AM  
**Preschool-** Thursday: 10:00-10:45 AM  
Member: \$21.75, Non-Member: \$43.50

**Evening Lessons:** 30 minutes twice per week for 4 weeks  
**Preschool Levels-** Tuesday/Thursday: 5:30-6:00 PM  
**Youth Levels-** Tuesday/Thursday: 6:15-6:45 PM  
Member: \$29.00, Non-Member: \$58.00