

# SEP 2018 – MAY 2019 | SWIM LESSONS & INSTRUCTION

## YMCA SWIM LESSON PROGRAM

As the leading provider of aquatics in the Spokane community we're updating our swim lesson program to focus even more on keeping kids safe in and around the water. Our swim lesson stages emphasize the true progression of swimming with a sense of achievement throughout the stages. **For more information see your Y branch aquatics staff or visit [ymcaspokane.org](http://ymcaspokane.org)**

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months – 3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years – 5 years  
**PRESCHOOL:**  
STAGES 1–4



6 years – 12 years  
**SCHOOL AGE:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

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 go underwater voluntarily?

NOT YET

**1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER STAMINA**

Can the student swim 15 yards off front and back crawl?

NOT YET

**4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / 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 guardians, stepparents, grandparents, or any other type of parenting relationship.

### SWIM LESSON DATES

SESSION #	DATES	COMMUNITY MEMBER REGISTRATION BEGINS	Y MEMBER REGISTRATION BEGINS	NO CLASS
Sep	9/10-10/6	8/27	8/20	N/A
Oct	10/8-11/3	10/1	9/24	N/A
Nov	11/5-12/8	10/29	10/22	11/19 - 11/24
Jan	1/7-2/2	12/3	11/26	N/A
Feb	2/4-3/2	1/28	1/21	N/A
Mar	3/4-3/30	2/25	2/18	N/A
Apr	4/8-5/4	3/25	3/18	N/A
May*	5/6-6/1	4/29	4/22	5/25 & 5/27

### SWIM LESSONS DAYS & FEES

SESSION TYPE	DAYS	COMMUNITY MEMBER	Y MEMBER
8 Classes	M/W or T/TH 2 days a week	\$68 *May M/W Session \$60 (No class 5/27)	\$34 *May M/W Session \$30 (No class 5/27)
4 Classes	Fri or Sat 1 day a week	\$34 *May Session \$26 (No class 5/25)	\$17 *May Session \$13 (No class 5/25)

**NOTE: Class offerings may change throughout the year. Please visit [ymcaspokane.org](http://ymcaspokane.org) for current schedule. Based on enrollment classes may be combined with same skill level.**

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## PARENT-CHILD LESSONS: 6 MONTHS – 3 YEARS

**Stage A: Water Discovery | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Introduces infants and toddlers to the aquatic environment

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	9:30am	6:15pm
T/TH	---	6:15pm	---
FRI*	Part 1: 11am	---	---
SAT*	Part 1: 9am   Part 2: 10:30am	Part 1 or 2: 10am	Part 1: 9:30am   Part 2: 11am

**Stage B: Water Exploration | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	9:30am	---
T/TH	---	6:15am	6:15pm
FRI*	Part 1: 11am	---	---
SAT*	Part 1: 9:45am   Part 2: 11:15am	Part 1 or 2: 10am	Part 1: 9:30am   Part 2: 11am

## PRESCHOOL LESSONS: 3 – 5 YEARS

**Preschool Stage 1: Water Acclimation | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

DAYS	CENTRAL	NORTH	VALLEY
M/W	4pm	10:15am/4pm/5:30pm	4pm/4:45pm
T/TH	4pm	10:15am/4pm/5:30pm	4:45pm/5:30pm
FRI*	Part 1: 11:45am/4pm   Part 2: 5:30pm	---	---
SAT*	P1: 9a/9:45a   P2: 10:30a/11:30a	Part 1 or 2: 10:45am	Part 1: 8:45am   Part 2: 10:15 am

**Preschool Stage 2: Water Movement | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Encourages forward movement in water and basic self-rescue skills performed independently

DAYS	CENTRAL	NORTH	VALLEY
M/W	4:45pm	11am/4:45pm/6:15pm	4pm/5:30pm/6:15pm
T/TH	4:45pm	11am/4:45pm/6:15pm	4:45pm
FRI*	Part 1: 4:45pm   Part 2: 6:15pm	---	---
SAT*	P1: 9a/9:45a   P2: 10:30a/11:30a	Part 1 or 2: 9:15am	Part 1: 8:45am   Part 2: 10:15am

**Preschool Stage 3: Water Stamina | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages

DAYS	CENTRAL	NORTH	VALLEY
M/W	5:30pm	4:45pm	4:45pm/6:15pm
T/TH	5:30pm	4:45pm	5:30pm
FRI*	Part 1: 4pm   Part 2: 5:30pm	---	---
SAT*	---	Part 1 or 2: 11:30am	Part 1: 9:30am   Part 2: 11 am

**Preschool Stage 4: Stroke Introduction | 8 lessons | 40 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	4pm	---
T/TH	---	4pm	5:30pm/6:15pm
FRI*	Part 1: 4:45pm   Part 2: 6:15pm	---	---
SAT*	---	Part 1 or 2: 8:30am	Part 1: 8:45am   Part 2: 10:15am

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## SCHOOL AGE LESSONS: 6 – 12 YEARS

**School Age Stage 1: Water Acclimation | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
(Begin here for those afraid of water)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

DAYS	CENTRAL	NORTH	VALLEY
M/W	4pm	5:30pm	4:45pm
T/TH	---	5:30pm	5:30pm
FRI*	Part 1: 4pm   Part 2: 5:30pm	---	---
SAT*	Part 1: 9am   Part 2: 10:30am	Part 1 or 2: 11:30am	Part 1: 9:30am Part 2: 11 am

**School Age Stage 2: Water Movement | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
(Begin here for those NOT afraid of water)

Encourages forward movement in water and basic self-rescue skills performed independently

DAYS	CENTRAL	NORTH	VALLEY
M/W	4:45pm	6:15pm	5:30pm
T/TH	4pm	6:15pm	6:15pm
FRI*	Part 1: 4:45pm   Part 2: 6:15pm	---	---
SAT*	Part 1: 9:45am   Part 2: 11:15am	Part 1 or 2: 10:45am	Part 1 8:45am   Part 2 10:15am

**School Age Stage 3: Water Stamina | 8 lessons | 30 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages

DAYS	CENTRAL	NORTH	VALLEY
M/W	5:30pm	4:45pm	4:45pm/6:15pm
T/TH	4:45pm	4:45pm	6:15pm/6:45pm
FRI*	---	---	---
SAT*	Part 1: 9am   Part 2: 10:30am	Part 1 or 2: 10am	Part 1: 9:30am   Part 2: 11am

**School Age Stage 4: Stroke Introduction | 8 lessons | 40 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	4pm/5:30pm	4pm/5:30pm
T/TH	---	5:30pm	4:45pm
FRI*	Part 1: 4pm   Part 2: 5:30pm	---	---
SAT*	Part 1: 9:45am   Part 2: 11:15am	Part 1 or 2: 9:15am	Part 1 8:45am   Part 2 10:15am

**School Age Stage 5: Stroke Development | 8 lessons | 40 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	6:15pm	5:30pm
T/TH	---	4pm	---
FRI*	Part 1: 4:45pm   Part 2: 6:15pm	---	---
SAT*	Part 1: 9am   Part 2: 10:30am	Part 1 or 2: 8:30am	Part 1: 9:30am   Part 2: 11am

**School Age Stage 6 : Stroke Mechanics | 8 lessons | 40 min each | \*FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8**  
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	6:15pm	---
T/TH	---	4pm	6:45pm
FRI*	---	---	---
SAT*	Part 1: 9:45am   11:15am	Part 1 or 2: 8:30am	Part 1 9:30am   Part 2 11am

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## COMPETITIVE SWIMMING

### Novice Swim Team

Ages 6 - 18. Our Y team is a great way to start competitive swimming. We hold 60 min practices with an emphasis on stroke technique and conditioning in a fun environment. Children of all skill levels are welcome. Must be able to swim 25 yards (length of pool). Beginner & Advanced levels.

## SWIM INSTRUCTION

### Adult Swim Lessons • 45min class

Designed for teens and adults who are beginning swimmers, or looking to develop stroke technique and improve endurance.

### Private / Semi-Private Swim Lessons

We offer 30-min lessons, scheduled by appointment only. To register, contact the Aquatics Director at your Y. To prevent paying for lessons not attended, please notify us 24 hours prior to an absence.

### Lifeguard Training

Ages 15+. Class includes certification in American Red Cross Lifeguard Training, First Aid, CPR/AED and Administering Emergency Oxygen all valid for 2 years. Participants will also receive a CPR Pocket Mask and Lifeguard Training Manual. Participants must attend all classes in order to be eligible to pass the course. Prerequisites: 15 years or older by the last day of the course. Swim a continuous 300 yard swim using freestyle, breaststroke or a combination of the two. Swim 20 yards freestyle or breaststroke, dive down 7-10 feet, retrieve a 10 pound brick and bring it back to the surface, then swim the brick back to the starting point (both hands must be on the brick and the swimmer's face must be out of the water; no goggles allowed). This is a timed skill and must be completed within 1 minute 40 seconds. 2 minutes of continuous treading water, legs only. For more info contact Marty Newell-Large at [mnewell-large@ymcaspokane.org](mailto:mnewell-large@ymcaspokane.org).

SWIM INSTRUCTION				
PROGRAM NAME	SESSION DATES	LOCATION DAYS & TIMES	COMMUNITY MEMBER	Y MEMBER
Novice Swim Team Ages 6-18 60min	Monthly	Central Y: Beginner M/W 4:30 or 6:30pm Advanced M/W 7:30pm or T/TH 4:30pm North Y: All levels: T/TH 5:30pm Valley Y: Beginner M/W 6pm Advanced T/TH 6pm	\$60/month	\$30/month
Adult Swim Lessons 45min	Monthly	Central Y: All levels T/TH 7:30pm North Y: Beginner, FRI 9:30am or 5:30pm Advanced, FRI 10:15am or 6:15pm Valley Y: All levels, SAT 8:30am	1 day/wk (4 lessons) \$35 2 days/wk (8 lessons) \$70	1 day/wk (4 lessons) \$17.50 2 days/wk (8 lessons) \$35
Private/Semi-Private Swim Lessons 30 min	On-going	Scheduled with Aquatics Staff Central Y: Brock Willis <a href="mailto:bwillis@ymcaspokane.org">bwillis@ymcaspokane.org</a>  North Y: Therese Boshear <a href="mailto:tboshear@ymcaspokane.org">tboshear@ymcaspokane.org</a>  Valley Y: Jennett Danals <a href="mailto:jdanal@ymcaspokane.org">jdanal@ymcaspokane.org</a>	Private Lessons by appt. (1 student) 1 Lesson: \$32 4 Lessons: \$124 8 Lessons: \$240 Semi-Private Lessons by appt. (2+ students) 1 Lesson: \$24/student 4 Lessons: \$92/student 8 Lessons: \$180/student	Private Lessons by appt (1 student) 1 Lesson: \$16 4 Lessons: \$62 8 Lessons: \$120 Semi-Private Lessons by appt (2+ students) 1 Lesson: \$12/student 4 Lessons: \$46/student 8 Lessons: \$90/student
Lifeguard Training Ages 15+	On-going	See website for dates, location & registration	\$250	\$200