# SPRINGFIELD YMCA SWIM LESSONS

January 2023 Session: January 2 – 29, 2023

### Activity Name
- Parent/Tot Stages A&B
- Parent/Tot Stages A&B
- Preschool Stage 1
  - Mon, 5pm
  - Wed, 5pm
  - Sat, 9:30am
- Preschool Stage 2
  - Mon, 5pm
  - Wed, 5pm
  - Sat, 9:30am
- Preschool Stage 3
  - Mon, 5pm
  - Sat, 9:30am
  - Sat, 10am
- Preschool Stage 4
  - Wed, 5pm
  - Sat, 10am
- Preschool Stage 4
  - Wed, 5pm
  - Sat, 10am
- School Age Stage 1
  - Mon, 5:30pm
  - Wed, 5:30pm
  - Sat, 10:40am
- School Age Stage 1
  - Mon, 5:30pm
  - Wed, 5:30pm
  - Sat, 10:40am
- School Age Stage 2
  - Mon, 5:30pm
  - Mon, 5:30pm
  - Wed, 5:30pm
  - Sat, 10:40am
- School Age Stage 3
  - Mon, 6:15pm
  - Wed, 5:30pm
  - Wed, 6:15pm
  - Sat, 10:40am
- School Age Stage 4
  - Mon, 6:15pm
  - Wed, 6:15pm
  - Sat, 11:20am
- School Age Stage 5
  - Mon, 6:15pm
  - Wed, 6:15pm
  - Sat, 11:20am
- Adult/Teen
  - Wed, 4:15pm
  - Sat, 1:15pm

### Pricing:

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<tr>
<th>Activity Name</th>
<th>Day &amp; Times</th>
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<tr>
<td>Parent/Tot Stages A&amp;B</td>
<td>Mon, 4:25pm, Sat, 9am</td>
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<td>Adult/Teen</td>
<td>Wed, 4:15pm, Sat, 1:15pm</td>
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For Parent/Child, & Preschool Lessons:
- $30 Member
- $60 Non-Member

For Youth and Adult, & Teen Lessons:
- $35 Member
- $70 Non-Member

### Private Lessons:

Private lessons are for individuals; semi-private lessons are for two children or adults with one instructor. Lessons are scheduled at the same day and time, consecutive weeks, for the session. Please schedule through our SY Aquatics Director.

If you feel you work better in a one-on-one setting, want to work on specific skills or strokes, or would like more flexible class times, these lessons are for you.
SWIM STAGES & DESCRIPTIONS

Parent/ Tot Stages A/B
For swimmers ages 6 months to 3 years of age. Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Preschool (ages 3-5) / Youth (ages 6-12) Stages
Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit? Jump, push, turn, grab.

Adult/Teen
Swim lessons for ages 13+ for beginner to intermediate skill levels. Taught in the shallow end of the pool with Y instructor in the water.

IMPORTANT:
You and your child’s health and safety and that of our staff team is very important to us. All group swim lessons for stages A and B only will require a parent/guardian to get into the pool with the participant. Parents of stage 1 swimmers who will not get into the pool with an instructor may be asked to get into the pool with their child.

CONTACT INFO:
Hope Coacher, Aquatic Director
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hcoacher@cyedc.org