



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Fall/Winter Swim Lessons 2019-20

Altavista Area YMCA

Please take swimming skills quiz on the back of this sheet to determine which level is appropriate for your child

Cost: members \$40.00 Non-Members \$60.00

Register for swim lessons at 1000 Franklin Ave.

Time	Sept 9- Oct 2	Sept 20- Nov 8	Oct 7-30	Nov 4-27	Jan 6-29	Feb 3-26
Days the class is offered	Monday Wednesday	Fridays	Monday Wednesday	Monday Wednesday	Monday Wednesday	Monday Wednesday
11:30- 12:00	Age 3-5 Stage 1 & 2		Age 3-5 Stage 1 & 2	Age 3-5 Stage 1 & 2	Age 3-5 Stage 1 & 2	Age 3-5 Stage 1 & 2
9:45- 10:30		Adult Beginner				
4:45- 5:30	Ages 3-12 Stages 1 & 2		Age 3-12 Stages 1 & 2	Age 5-12 Stages 3 & 4	Age 3-12 Stages 1 & 2	Age 5-12 Stages 3 & 4

Watch for these different stages to be offered during the year.

1/ Acclimation	Students develop comfort in water and lay the foundation for future progress
2/Movement	Focus on body position, control, directional change and continue to practice
3/Stamina	Swim safer longer distance, learn rhythmic breathing & integrated leg and arm
4/Stroke Introduction	Strong stroke technique in front, back crawl, breaststroke, treading water and elementary backstroke
5/Stroke Development	Improve all major strokes, treading water and sidestroke
A/B Water babies	A class with child and adult in pool participation to discover and explore the water
Adult classes	Teens & adults to learn or improve their swimming

Cancellation fee is 15% or transfer to another class. Class size limited to 6 students.

Classes may be cancelled if less than 3 participants. Classes cancelled due to severe weather will be made up if the schedule permits. The Altavista YMCA is fortunate to have the E.R. English Scholarship Fund for those who need financial assistance. Call 369-9622, altavistaymca.org or email LFrancis@altavistaymca.com for more information.