

YMCA SEPT 2017 - MAY 2018 SWIM LESSONS

SWIM LESSON DATES					SWIM LESSONS DAYS & FEES			
SESSION #	DATES	PROGRAM MEMBER REGISTRATION BEGINS	YOUTH & Y MEMBER REGISTRATION BEGINS	NO CLASS	SESSION TYPE	DAYS	PROGRAM MEMBER	YOUTH MEMBER Y MEMBER
17SEP	9/11 - 10/7	9/4	8/28	No classes at North Y	8 Classes	M/W or T/TH 2 days a week	\$68	\$34
17OCT	10/9 - 11/4	10/2	9/25	N/A			*18JAN Session \$60 (no class 1/15)	*18JAN Session \$30 (no class 1/15)
17NOV	11/6 - 12/9	10/30	10/23	11/20-11/25 (Still 4 wks)			*18FEB Session \$60 (no class 2/19)	*18FEB Session \$30 (no class 2/19)
18JAN*	1/8 - 2/3	1/2	12/26	Mon 1/15			*18MAY M/W Session \$60 (no class 5/28)	*18MAY M/W Session \$30 (no class 5/28)
18FEB*	2/5 - 3/3	1/29	1/22	Mon 2/19				
18MAR	3/5 - 3/31	2/26	2/19	N/A	4 Classes	Fri or Sat 1 day a week	\$34	\$17
18APR	4/9 - 5/5	4/2	3/26	N/A			*18MAY Session \$26 (no class 5/28)	*18MAY Session \$13 (no class 5/28)
18MAY*	5/7 - 6/2	4/30	4/23	Sat 5/25 & Mon 5/28				

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	Part 2: 11:45am	--	--	
SAT*	Part 1: 9am	Part 2: 10:30am	Part 1 or 2: 10am	Part 1: 9:45am	Part 2: 11:15am

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	--		6:15pm	6:15pm	
FRI*	Part 1: 11am	Part 2: 11:45am	--	--	
SAT*	Part 1: 9:45am	Part 2: 11:15am	Part 1 or 2: 10am	Part 1: 9:45am	Part 2: 11:15am

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/6:15pm	4pm/5:30pm	
T/TH	4pm		10:15am/4:45pm/6:15pm	4:45pm/6:15pm	
FRI*	Part 1: 4pm	Part 2: 4:45pm	--	--	
SAT*	Part 1: 9am	Part 2: 10:30am	Part 1 or 2: 9:15am/11:30am	Part 1: 9am	Part 2: 10:30am

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

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	9:30am/4pm/4:45pm	
T/TH	5:30pm		9:30am/4:45pm	--	
FRI*	Part 1: 4:45pm	Part 2: 5:30pm	--	--	
SAT*	Part 1: 9am	Part 2: 10:30am	Part 1 or 2: 10am/11:30am	Part 1: 9am	Part 2: 10:30am

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	--		4:45pm	4:45pm/6:15pm	
T/TH	--		--	4pm/4:45pm/5:30pm	
FRI*	--		--	--	
SAT*	Part 1: 9:45am	Part 2: 11:15am	Part 1 or 2: 9:15am	Part 1: 9:45am	Part 2: 11:15am

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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		4pm	4pm/5:30pm	
T/TH	--		4:45pm	4pm/4:45pm/6:15pm	
FRI*	Part 1: 4pm	Part 2: 4:45pm	--	--	
SAT*	Part 1: 9am	Part 2: 10:30am	Part 1 or 2: 11:30am	Part 1: 9am	Part 2: 10:30am

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

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/6:15pm	4:45pm/5:30pm	
T/TH	4:45pm		4pm/5:30pm	4pm/5:30pm/6:15pm	
FRI*	Part 1: 4:45pm	Part 2: 5:30pm	--	--	
SAT*	Part 1: 9am	Part 2: 10:30am	Part 1 or 2: 8:30am/10:45am	Part 1: 9am	Part 2: 10:30am

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	--		5:30pm	4pm/5:30pm/6:15pm	
T/TH	--		5:30pm	4:45pm/6:15pm	
FRI*	--		--	--	
SAT*	Part 1: 9:45am	Part 2: 11:15am	Part 1 or 2: 9:15am	Part 1: 9:45am	Part 2: 11:15am

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	6:15pm	
T/TH	--		--	5:30pm	
FRI*	--		--	--	
SAT*	Part 1: 9am	Part 2: 10:30am	Part 1 or 2: 10:45am	Part 1: 9:45am	Part 2: 11:15am

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	5:30pm	
T/TH	--		--	--	
FRI*	--		--	--	
SAT*	Part 1: 9:45am	Part 2: 11:15am	Part 1 or 2: 10:45am	Part 1: 9:45am	Part 2: 11:15am

NOTE: Class offerings may change throughout the year. Please visit ymcaspokane.org for current schedule. Based on enrollment classes may be combined with same skill level.