



# Elk River YMCA Swim Lessons Schedule

Summer Power 2019

(612) 230-9622

[www.elkriverymca.org](http://www.elkriverymca.org)

## ABOUT Y SWIM LESSONS

Enjoy the convenience of swimming lessons during YMCA Summer Power! Children can attend swim lessons in conjunction with Summer Power, to save you time and enhance their Y Summer experience.

The YMCA is centered on four core values: caring, honesty, respect and responsibility. Swim Lessons include age-appropriate opportunities to define, model and celebrate these core values. We utilize low instructor to participant ratios, ranging from 1 instructor to 4-6 participants, depending on stage.

Swim Lessons provide important life skills that could save a life, and will benefit you for a lifetime. All YMCA swim instructors are highly trained in our nationally recognized swim lesson curriculum. To ensure safety at all times all of our pools have a certified lifeguard on duty.

## SUMMER POWER LESSON RATES

You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons.

### MEMBER RATE

- 5- and 1-week Swim Lessons: \$55
- 4- and 2-week Swim Lessons: \$63

### NON-MEMBER RATE

- 5- and 1-week Swim Lessons: \$109
- 4- and 2-week Swim Lessons: \$125

Pricing and class length varies by week and location. Please see schedule or visit [www.ymcamn.org](http://www.ymcamn.org) for details.

*Please note: participating child must be a Y member to receive the Member rate.*

Y locations offer a variety of swim lesson options. Groups are divided according to skill level and developmental milestones. For Y locations that offer different Stages for Summer Power swim, prerequisites can be found on the [Lesson Selector](#), or by visiting [ymcamn.org/swimming](http://ymcamn.org/swimming).

Monday	July 8–August 5	(Once a week for 5 weeks)
Time	Class	Product Code
12:35 pm to 1:30 pm	SUMMER POWER School Age Swim Basics (stages 1-3)	34_AQ_2284_10_070819_YYD
12:35 pm to 1:30 pm	SUMMER POWER Beginner Swim Strokes (stage 4)	34_AQ_2288_10_070819_YYD
12:35 pm to 1:30 pm	SUMMER POWER Advanced Swim Strokes (stages 5-6)	34_AQ_2285_10_070819_YYD
Wednesday	July 10–August 7	(Once a week for 5 weeks)
Time	Class	Product Code
12:35 pm to 1:30 pm	SUMMER POWER School Age Swim Basics (stages 1-3)	34_AQ_2284_30_071019_YYD
12:35 pm to 1:30 pm	SUMMER POWER Beginner Swim Strokes (stage 4)	34_AQ_2288_30_071019_YYD
12:35 pm to 1:30 pm	SUMMER POWER Advanced Swim Strokes (stages 5-6)	34_AQ_2285_30_071019_YYD
Thursday	July 11–August 8	(Once a week for 5 weeks)
Time	Class	Product Code
12:35 pm to 1:30 pm	SUMMER POWER School Age Swim Basics (stages 1-3)	34_AQ_2284_40_071119_YYD
12:35 pm to 1:30 pm	SUMMER POWER Beginner Swim Strokes (stage 4)	34_AQ_2288_40_071119_YYD
12:35 pm to 1:30 pm	SUMMER POWER Advanced Swim Strokes (stages 5-6)	34_AQ_2285_40_071119_YYD

*Lesson availability varies by location. Schedules subject to change. Please visit [www.ymcamn.org](http://www.ymcamn.org) for updated class listings.*



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



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



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



12+ years  
**TEEN & ADULT:**  
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 with face in the water?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of 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 biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.