



Hudson YMCA Swim Lessons Schedule

Summer Power 2019

(612) 230-9622

www.hudsonymca.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

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

NON-MEMBER RATE

- 8- 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 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.

Monday	June 17–August 5	(Once a week for 8 weeks, no class July 1st)
Time	Class	Product Code
1:30 pm to 2:10 pm	SUMMER POWER School Age Swim Basics (stages 1-3)	84_AQ_2284_11_061719_YYD
2:15 pm to 2:55 pm	SUMMER POWER Beginner Swim Strokes (stage 4)	84_AQ_2288_11_061719_YYD
2:15 pm to 2:55 pm	SUMMER POWER Advanced Swim Strokes (stages 5-6)	84_AQ_2285_11_061719_YYD
Wednesday	June 19–August 7	(Once a week for 8 weeks, no class July 3rd)
Time	Class	Product Code
1:30 pm to 2:10 pm	SUMMER POWER School Age Swim Basics (stages 1-3)	84_AQ_2284_31_061919_YYD
2:15 pm to 2:55 pm	SUMMER POWER Beginner Swim Strokes (stage 4)	84_AQ_2288_31_061919_YYD
2:15 pm to 2:55 pm	SUMMER POWER Advanced Swim Strokes (stages 5-6)	84_AQ_2285_31_061919_YYD
Friday	June 21–August 9	(Once a week for 8 weeks, no class July 5th)
Time	Class	Product Code
1:30 pm to 2:10 pm	SUMMER POWER School Age Swim Basics (stages 1-3)	84_AQ_2284_51_062119_YYD
2:15 pm to 2:55 pm	SUMMER POWER Beginner Swim Strokes (stage 4)	84_AQ_2288_51_062119_YYD
2:15 pm to 2:55 pm	SUMMER POWER Advanced Swim Strokes (stages 5-6)	84_AQ_2285_51_062119_YYD

Lesson availability varies by location. Schedules subject to change. Please visit 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.