Emma B Howe YMCA
Swim Lessons Schedule

Late Spring 2024 - April 15 - June 2

(763) 785-7882 ymcanorth.org/emmabhowe

ABOUT Y SWIM LESSONS

The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living.

The YMCA is centered on five core values: caring, honesty, respect, responsibility, and equity. 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.

YMCA Swim Lessons meet once a week for seven weeks. Lessons are 30 minute long. You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons and access to early registration. Participating child must be a Y member to receive member rate and early registration.

Wondering where to start?

GROUP SWIM LESSONS

In YMCA Group Swim Lessons, a natural progression promotes safe and effective swimming for all ages- from infants learning to love the water to advanced swimmers perfecting their strokes. All age groups are taught the same skills, divided into stages according to developmental milestones.

More information on stage prerequisites can be found on the Lesson Selector, or by visiting ymcanorth.org/swimmin

MEMBER RATE

- **Swim Lessons: $70**

NON-MEMBER RATE

- **Swim Lessons: $135**

SWIM SAFETY LESSONS

The Y's Swim Safety program focuses on developing water comfort and basic self-rescue skills. Children not yet proficient in swim strokes gain confidence in and around the water. Instructors guide practice in safe water entry and exit, floating, and submersion.

Swim Safety Lessons are offered by age.

MEMBER RATE

- **Swim Lessons: $50**

NON-MEMBER RATE

- **Swim Lessons: $100**

SPECIALTY CLASSES

Children, teens and adults expand their skills and knowledge with YMCA Aquatics Specialty classes. Program offerings vary by location and may include swim team preparation, Adaptive instruction, leadership and more.

Pricing and class length varies for Specialty Classes. Please visit www.ymcanorth.org for details.

the YMCA

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 1–6

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.

Monday	April 15-May 20	(Once a week for 6 weeks - No Class Memorial Day)
Time	**Class**	**Product Code**
4:30 pm to 5:00 pm	Preschool Stages 1-3	27_AQ_2310_10_041524_YYD
4:30 pm to 5:00 pm	School Age Stages 1-3	27_AQ_2312_10_041524_YYD
5:05 pm to 5:35 pm	School Age Stages 1-2	27_AQ_2312_11_041524_YYD
5:05 pm to 5:35 pm	School Age Stages 5-6	27_AQ_2312_12_041524_YYD
5:40 pm to 6:10 pm	Preschool Stages 1-3	27_AQ_2310_11_041524_YYD
5:40 pm to 6:10 pm	School Age Stage 4	27_AQ_2312_13_041524_YYD
6:15 pm to 6:45 pm	Preschool Stages 1-3	27_AQ_2310_12_041524_YYD
6:15 pm to 6:45 pm	School Age Stages 1-3	27_AQ_2312_14_041524_YYD

Saturday	April 20-June 1	(Once a week for 7 weeks)
Time	**Class**	**Product Code**
9:00 am to 9:30 am	Parent/Child Swim Starters Stages A-B	27_AQ_2282_60_042024_YYD
9:00 am to 9:30 am	Preschool Stages 1-3	27_AQ_2310_60_042024_YYD
9:00 am to 9:30 am	Adult Stages 1-3	27_AQ_2314_60_042024_YHL
9:35 am to 10:05 am	School Age Stages 1-3	27_AQ_2312_60_042024_YYD
9:35 am to 10:05 am	School Age Stage 4	27_AQ_2312_61_042024_YYD
10:10 am to 10:40 am	Preschool Stages 1-3	27_AQ_2310_61_042024_YYD
10:10 am to 10:40 am	School Age Stages 5-6	27_AQ_2312_62_042024_YYD
10:45 am to 11:15 am	School Age Stages 1-2	27_AQ_2312_63_042024_YYD
10:45 am to 11:15 am	School Age Stages 3-4	27_AQ_2312_64_042024_YYD

Lesson availability varies by location. Schedules subject to change. Please visit www.ymcanorth.org for updated class listings.

SWIM TEAM

Our trained coaches work to improve swimmers' skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level.

YMCA Swim Teams are offered at select locations in the Twin Cities metro area. Swim meets are scheduled against other teams in the Minnesota State League, typically at other Y locations on Saturdays.

For more information on team locations, practices, and swim meets, please visit us online at www.ymcanorth.org.

PRIVATE AND CUSTOMIZED SMALL GROUP LESSONS

Private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give participants individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals. Private and semi-private lessons are 30 minutes in length, and can begin at any time.

To arrange lessons, please contact the Aquatics Department.

PRIVATE LESSON RATES

Members	Non-Members
• 1 lesson $48	• 1 lesson $96
• 3 lessons $137	• 3 lessons $273
• 7 lessons $298	• 7 lessons $596

CUSTOMIZED SMALL GROUP LESSON RATES

Members	Non-Members
• 3 lessons $204	• 3 lessons $415
• 7 lessons $415	• 7 lessons $857

REGISTER ONLINE

- Visit www.ymcanorth.org to register online for group lessons.
- Select **Swimming** to search lessons and read more about ages, levels, and skills.
- Sign In when you find your lesson. First time user? Use the email address on file with the Y to 'Create your account'.
- If you have questions, please call Y Customer Service at 612-230-9622 or contact us at www.ymcanorth.org/contact_us

BUILDING HOURS

Monday-Friday:	5 AM - 9 PM
Saturday:	7 AM - 5 PM
Sunday:	7 AM - 5 PM

KIDS STUFF HOURS

Monday-Friday:	Please visit ymcanorth.org/reservations for current hours.
Saturday:	
Sunday:	

CONTACT US

Be sure to visit our web site for additional information, including updated class listings, facility features, and tips on preparing for lessons. If you have additional questions, please contact the Aquatics Department.

Aquatics Program Office
Parastoo Manizani, Aquatic Director | 651-259-1486 | Parastoo.Manizani@ymcanorth.org