



River Valley YMCA Swim Lessons Schedule

Summer 2019

(612) 230-9622

www.rivervalleyymca.org

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 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.

Wondering where to start?



- PARENT/CHILD (stages A-B) is for young participants who aren't ready to be alone in the pool without a parent.
- Independent participants who are developing their skills should start in SWIM BASICS (stages 1-3).
- **Newly-added based on your feedback!** Those swimmers age 4-12 who can swim without floatation 10-15 yards (half of the length of the lap pool) on their front and back, **with their face in the water**, should start in BEGINNER SWIM STROKES (stage 4).
- ADVANCED SWIM STROKES (stages 5-6) is for participants who can swim 25 yards (the length of the lap pool).

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

GROUP 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-, 4- and 2-week Swim Lessons: \$63
- 1-week Accelerated Swim Lessons: \$55

NON-MEMBER RATE

- 8-, 4- and 2-week Swim Lessons: \$125
- 1-week Accelerated Swim Lessons: \$109

Pricing and class length varies for Specialty, Adaptive and Adult classes. Please visit www.ymcamn.org for details.

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

Monday		June 17–August 5	(Once a week for 8 weeks)
Time	Class	Product Code	
4:30 pm to 5:00 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_10_061719_YYD	
4:45 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_10_061719_YYD	
4:45 pm to 5:25 pm	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_10_061719_YYD	
5:05 pm to 5:35 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_11_061719_YYD	
5:30 pm to 6:10 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_11_061719_YYD	
5:30 pm to 6:10 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_10_061719_YYD	
5:40 pm to 6:10 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_12_061719_YYD	
6:15 pm to 6:45 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_13_061719_YYD	
6:15 pm to 6:55 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_12_061719_YYD	
6:15 pm to 6:55 pm	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_11_061719_YYD	
6:50 pm to 7:20 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_14_061719_YYD	
7:00 pm to 7:40 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_13_061719_YYD	
7:00 pm to 7:40 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_11_061719_YYD	

Thursday		June 20–August 8	(Once a week for 7 weeks, no class July 4th)
Time	Class	Product Code	
4:30 pm to 5:00 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_40_062019_YYD	
4:45 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_40_062019_YYD	
4:45 pm to 5:25 pm	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_40_062019_YYD	
5:05 pm to 5:35 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_41_062019_YYD	
5:30 pm to 6:10 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_41_062019_YYD	
5:30 pm to 6:10 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_40_062019_YYD	
5:40 pm to 6:10 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_42_062019_YYD	
6:15 pm to 6:45 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_43_062019_YYD	
6:15 pm to 6:55 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_42_062019_YYD	
6:15 pm to 6:55 pm	Swim Crew	36_AQ_2514_40_062019_YYD	
6:50 pm to 7:20 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_44_062019_YYD	
7:00 pm to 7:40 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_41_062019_YYD	
7:00 pm to 7:40 pm	Teen/Adult Swim Basics (stages 1-3)	36_AQ_2286_40_062019_YHL	

Friday		June 21–August 9	(Once a week for 8 weeks)
Time	Class	Product Code	
9:30 am to 10:00 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_50_062119_YYD	
9:30 am to 10:10 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_50_062119_YYD	
9:30 am to 10:10 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_50_062119_YYD	
10:05 am to 10:35 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_51_062119_YYD	
10:15 am to 10:55 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_51_062119_YYD	
10:15 am to 10:55 am	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_50_062119_YYD	
10:40 am to 11:10 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_52_062119_YYD	
11:00 am to 11:40 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_52_062119_YYD	
11:00 am to 11:40 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_51_062119_YYD	
11:15 am to 11:45 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_53_062119_YYD	

Saturday		June 22–August 10	(Once a week for 8 weeks)
Time	Class	Product Code	
8:45 am to 9:25 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_60_062219_YYD	
8:45 am to 9:25 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_60_062219_YYD	
8:55 am to 9:25 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_60_062219_YYD	

Saturday			June 22–August 10	(Once a week for 8 weeks)
Time	Class	Product Code		
9:30 am to 10:00 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_61_062219_YYD		
9:30 am to 10:10 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_61_062219_YYD		
9:30 am to 10:10 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_61_062219_YYD		
10:05 am to 10:35 am	Parent/Child Swim Starters (stages A-B)	36_AQ_2282_60_062219_YYD		
10:05 am to 10:35 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_62_062219_YYD		
10:15 am to 10:55 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_62_062219_YYD		
10:15 am to 10:55 am	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_60_062219_YYD		
10:40 am to 11:10 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_63_062219_YYD		
11:00 am to 11:40 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_63_062219_YYD		
11:00 am to 11:40 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_62_062219_YYD		
11:15 am to 11:45 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_64_062219_YYD		

Sunday			June 23–August 11	(Once a week for 8 weeks)
Time	Class	Product Code		
3:25 pm to 3:55 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_70_062319_YYD		
4:00 pm to 4:30 pm	Parent/Child Swim Starters (stages A-B)	36_AQ_2282_70_062319_YYD		
4:00 pm to 4:30 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_71_062319_YYD		
4:00 pm to 4:40 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_70_062319_YYD		
4:00 pm to 4:40 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_70_062319_YYD		
4:35 pm to 5:05 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_72_062319_YYD		
4:45 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_71_062319_YYD		
4:45 pm to 5:25 pm	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_70_062319_YYD		
5:10 pm to 5:40 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_73_062319_YYD		
5:30 pm to 6:10 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_72_062319_YYD		
5:30 pm to 6:10 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_71_062319_YYD		
5:45 pm to 6:15 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_74_062319_YYD		
6:15 pm to 6:55 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_72_062319_YYD		
6:15 pm to 6:55 pm	Teen/Adult Swim Strokes (stages 4-6)	36_AQ_2287_70_062319_YHL		

Monday & Wednesday			June 24 – July 17	(Twice a week for 4 weeks)
Time	Class	Product Code		
9:00 am to 9:30 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_80_062419_YYD		
9:30 am to 10:10 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_80_062419_YYD		
9:30 am to 10:10 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_80_062419_YYD		
9:35 am to 10:05 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_81_062419_YYD		
10:10 am to 10:40 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_82_062419_YYD		
10:15 am to 10:55 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_81_062419_YYD		
10:15 am to 10:55 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_81_062419_YYD		
10:45 am to 11:15 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_83_062419_YYD		
11:00 am to 11:40 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_82_062419_YYD		
11:00 am to 11:40 am	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_80_062419_YYD		
11:45 am to 12:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_83_062419_YYD		
11:45 am to 12:25 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_82_062419_YYD		

Monday & Wednesday		July 22 – August 7		(Twice a week for 4 weeks)	
Time	Class	Product Code			
9:00 am to 9:30 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_80_072219_YYD			
9:30 am to 10:10 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_80_072219_YYD			
9:30 am to 10:10 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_80_072219_YYD			
9:35 am to 10:05 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_81_072219_YYD			
10:10 am to 10:40 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_82_072219_YYD			
10:15 am to 10:55 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_81_072219_YYD			
10:15 am to 10:55 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_81_072219_YYD			
10:45 am to 11:15 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_83_072219_YYD			
11:00 am to 11:40 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_82_072219_YYD			
11:00 am to 11:40 am	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_80_072219_YYD			
11:45 am to 12:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_83_072219_YYD			
11:45 am to 12:25 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_82_072219_YYD			

Monday – Thursday		July 29 – August 8		(Four times a week for 2 weeks)	
Time	Class	Product Code			
9:30 am to 10:00 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_01_072919_YYD			
9:30 am to 10:10 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_01_072919_YYD			
9:30 am to 10:10 am	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_01_072919_YYD			
10:05 am to 10:35 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_02_072919_YYD			
10:15 am to 10:55 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_02_072919_YYD			
10:15 am to 10:55 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_01_072919_YYD			
10:40 am to 11:10 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_03_072919_YYD			
11:00 am to 11:40 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_03_072919_YYD			
11:00 am to 11:40 am	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_02_072919_YYD			
11:15 am to 11:45 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_04_072919_YYD			
11:15 am to 11:55 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_02_072919_YYD			
11:45 am to 12:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_04_072919_YYD			

Monday – Friday		June 3 – 7		(Five times a week for 1 week)	
Time	Class	Product Code			
4:00 pm to 4:40 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_A1_060319_YYD			
4:30 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_A1_060319_YYD			
4:30 pm to 5:25 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_A1_060319_YYD			
4:45 pm to 5:25 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_A2_060319_YYD			
5:30 pm to 6:10 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_A3_060319_YYD			
5:30 pm to 6:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_A2_060319_YYD			
5:30 pm to 6:25 pm	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_A1_060319_YYD			
6:15 pm to 6:55 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_A4_060319_YYD			
6:30 pm to 7:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_A3_060319_YYD			
6:30 pm to 7:25 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_A2_060319_YYD			

Monday - Friday	June 10 - 14	(Five times a week for 1 week)
Time	Class	Product Code
9:00 am to 9:40 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B1_061019_YYD
9:30 am to 10:25 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_B1_061019_YYD
9:30 am to 10:25 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_B1_061019_YYD
9:45 am to 10:25 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B2_061019_YYD
10:30 am to 11:10 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B3_061019_YYD
10:30 am to 11:25 am	School Age Swim Basics (stages 1-3)	36_AQ_2284_B2_061019_YYD
10:30 am to 11:25 am	Beginner Swim Strokes (stage 4)	36_AQ_2288_B2_061019_YYD
11:15 am to 11:55 am	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B4_061019_YYD
11:30 am to 12:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_B3_061019_YYD
11:30 am to 12:25 pm	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_B1_061019_YYD
4:00 pm to 4:40 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B5_061019_YYD
4:30 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_B4_061019_YYD
4:30 pm to 5:25 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_B3_061019_YYD
4:45 pm to 5:25 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B6_061019_YYD
5:30 pm to 6:10 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B7_061019_YYD
5:30 pm to 6:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_B5_061019_YYD
5:30 pm to 6:25 pm	Beginner Swim Strokes (stage 4)	36_AQ_2288_B4_061019_YYD
6:15 pm to 6:55 pm	Preschool Swim Basics (stages 1-3)	36_AQ_2283_B8_061019_YYD
6:30 pm to 7:25 pm	School Age Swim Basics (stages 1-3)	36_AQ_2284_B6_061019_YYD
6:30 pm to 7:25 pm	Advanced Swim Strokes (stages 5-6)	36_AQ_2285_B2_061019_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.

SPECIALTY PROGRAMS

Swimmers explore what it's like to be on a swim team without committing to a whole season. Kids learn competitive swimming techniques, drills and endurance building. Swimmers are introduced to competitive swimming language and organized swimming workouts.

Swim Crew

Programs listed are currently offered at this location. Please visit ymcamn.org for additional programs and locations.

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 10 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.ymcamn.org.



PRIVATE AND SEMI-PRIVATE 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

- 1 lesson \$40
- 3 lessons \$110
- 7 lessons \$225

Non-Members

- 1 lesson \$80
- 3 lessons \$220
- 7 lessons \$450

CUSTOMIZED SMALL GROUP LESSON RATES

Members

- 3 lessons \$196
- 7 lessons \$392

Non-Members

- 3 lessons \$392
- 7 lessons \$804

REGISTER ONLINE

- Visit www.ymcamn.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.ymcamn.org/contact_us

BUILDING HOURS

Monday-Friday: M-Th 5:00am-10:00pm, F 5:00am-9:00pm
Saturday: 6:00am-8:00pm
Sunday: 6:00am-8:00pm

KIDS STUFF HOURS

Monday-Friday: M-Th 8:30am-8:30pm, F 8:30am-7:00pm
Saturday: 8:00am-3:00pm
Sunday: 8:30am-6:30pm

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

Elaine Pihlstrom, Aquatics Director

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www.ymcamn.org