



St. Paul Downtown YMCA Swim Lessons Schedule

Early Fall 2019 - September 9 - October 27

(651) 292-4143

ymcamn.org/downtownstpaul

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?

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.

- 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

- Swim Lessons: \$55

NON-MEMBER RATE

- Swim Lessons: \$109

Group lessons meet once a week for seven weeks. Lessons for Parent/Child and Preschool classes are 30 minutes long, and lessons for School Age and Teen/Adult classes are 40 minutes long.

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.

Wednesday			September 11–October 23	(Once a week for 7 weeks)
Time	Class	Product Code		
5:30 pm to 6:00 pm	Preschool Swim Basics (stages 1-3)	75_AQ_2283_30_091119_YYD		
6:05 pm to 6:45 pm	Teen/Adult Swim Basics (stages 1-3)	75_AQ_2286_30_091119_YHL		
6:50 pm to 7:30 pm	Water Triathlon Training	75_AQ_2511_30_091119_YHL		

Thursday			September 12–October 24	(Once a week for 7 weeks)
Time	Class	Product Code		
5:30 pm to 6:00 pm	Parent/Child Swim Starters (stages A-B)	75_AQ_2282_40_091219_YYD		
6:05 pm to 6:45 pm	Teen/Adult Swim Strokes (stages 4-6)	75_AQ_2287_40_091219_YHL		
6:50 pm to 7:30 pm	Water Triathlon Training	75_AQ_2511_40_091219_YHL		

Sunday			September 15–October 27	(Once a week for 7 weeks)
Time	Class	Product Code		
4:00 pm to 4:40 pm	School Age Swim Basics (stages 1-3)	75_AQ_2284_70_091519_YYD		
4:45 pm to 5:25 pm	Beginner Swim Strokes (stage 4)	75_AQ_2288_70_091519_YYD		
5:30 pm to 6:10 pm	Advanced Swim Strokes (stages 5-6)	75_AQ_2285_70_091519_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?



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PARENT* & CHILD:
STAGES A–B



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5 years–12 years
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12+ years
TEEN & ADULT:
STAGES 1–6

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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

Water Triathlon Training Train for the water leg of a triathlon through interval training and stroke development, and training as a group. Participants receive 3 instructor prepared swim workouts per week, 1 to complete during class and 2 to complete independently.

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 5:30am-10:00pm, F 5:30am-9:00pm
Saturday: 7:00am-8:00pm
Sunday: 7:00am-8:00pm

KIDS STUFF HOURS

Monday-Friday:
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
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