



# White Bear Area YMCA Swim Lessons Schedule

Summer 2019

(612) 230-9622

[www.whitebearareaymca.org](http://www.whitebearareaymca.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](http://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](http://www.ymcamn.org) for details.

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

<b>Monday</b>	<b>June 17–August 5</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
9:00 am to 9:30 am	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_10_061719_YYD
9:00 am to 9:40 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_10_061719_YYD
9:10 am to 9:40 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_10_061719_YYD
9:35 am to 10:05 am	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_11_061719_YYD
9:45 am to 10:25 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_11_061719_YYD
9:45 am to 10:25 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_10_061719_YYD
10:10 am to 10:40 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_11_061719_YYD
10:30 am to 11:10 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_12_061719_YYD
10:30 am to 11:10 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_11_061719_YYD
10:45 am to 11:15 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_12_061719_YYD
3:15 pm to 3:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_13_061719_YYD
3:15 pm to 3:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_12_061719_YYD
3:15 pm to 3:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_10_061719_YYD
4:00 pm to 4:40 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_14_061719_YYD
4:00 pm to 4:40 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_13_061719_YYD
4:00 pm to 4:40 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_11_061719_YYD
4:45 pm to 5:15 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_13_061719_YYD
4:45 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_15_061719_YYD
4:45 pm to 5:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_14_061719_YYD
5:45 pm to 6:15 pm	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_12_061719_YYD
5:45 pm to 6:15 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_14_061719_YYD
5:45 pm to 6:25 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_16_061719_YYD
5:45 pm to 6:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_15_061719_YYD
6:20 pm to 7:00 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_12_061719_YYD
6:30 pm to 7:10 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_17_061719_YYD
6:30 pm to 7:10 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_16_061719_YYD
7:05 pm to 7:35 pm	Youth Adaptive Swim Lessons	88_AQ_2521_10_061719_YYD
7:15 pm to 7:55 pm	Teen/Adult Swim Basics (stages 1-3)	88_AQ_2286_10_061719_YHL
7:15 pm to 7:55 pm	Teen/Adult Swim Strokes (stages 4-6)	88_AQ_2287_10_061719_YHL
7:15 pm to 7:55 pm	Swim Crew	88_AQ_2514_10_061719_YYD

<b>Wednesday</b>	<b>June 19–August 7</b>	<b>(Once a week for 8 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
9:00 am to 9:30 am	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_30_061919_YYD
9:00 am to 9:40 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_30_061919_YYD
9:10 am to 9:40 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_30_061919_YYD
9:35 am to 10:05 am	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_31_061919_YYD
9:45 am to 10:25 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_31_061919_YYD
9:45 am to 10:25 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_30_061919_YYD
10:10 am to 10:40 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_31_061919_YYD
10:30 am to 11:10 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_32_061919_YYD
10:30 am to 11:10 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_31_061919_YYD
10:45 am to 11:15 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_32_061919_YYD
3:15 pm to 3:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_33_061919_YYD
3:15 pm to 3:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_32_061919_YYD
3:15 pm to 3:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_30_061919_YYD

<b>Wednesday</b>		<b>June 19–August 7</b>		<b>(Once a week for 8 weeks)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
4:00 pm to 4:40 pm	School Age Swim Basics (stages 1–3)	88_AQ_2284_34_061919_YYD			
4:00 pm to 4:40 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_33_061919_YYD			
4:00 pm to 4:40 pm	Advanced Swim Strokes (stages 5–6)	88_AQ_2285_31_061919_YYD			
4:45 pm to 5:15 pm	Preschool Swim Basics (stages 1–3)	88_AQ_2283_33_061919_YYD			
4:45 pm to 5:25 pm	School Age Swim Basics (stages 1–3)	88_AQ_2284_35_061919_YYD			
4:45 pm to 5:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_34_061919_YYD			
5:45 pm to 6:15 pm	Parent/Child Swim Starters (stages A–B)	88_AQ_2282_32_061919_YYD			
5:45 pm to 6:15 pm	Preschool Swim Basics (stages 1–3)	88_AQ_2283_34_061919_YYD			
5:45 pm to 6:25 pm	School Age Swim Basics (stages 1–3)	88_AQ_2284_36_061919_YYD			
5:45 pm to 6:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_35_061919_YYD			
6:20 pm to 7:00 pm	Advanced Swim Strokes (stages 5–6)	88_AQ_2285_32_061919_YYD			
6:30 pm to 7:10 pm	School Age Swim Basics (stages 1–3)	88_AQ_2284_37_061919_YYD			
6:30 pm to 7:10 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_36_061919_YYD			
7:05 pm to 7:45 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_37_061919_YYD			
7:05 pm to 7:45 pm	Advanced Swim Strokes (stages 5–6)	88_AQ_2285_33_061919_YYD			
7:15 pm to 7:55 pm	Teen/Adult Swim Basics (stages 1–3)	88_AQ_2286_30_061919_YHL			
7:15 pm to 7:55 pm	Teen/Adult Swim Strokes (stages 4–6)	88_AQ_2287_30_061919_YHL			
7:15 pm to 7:55 pm	Competitive Stroke & Turn Development	88_AQ_2307_30_061919_YYD			

<b>Saturday</b>		<b>June 22–August 10</b>		<b>(Once a week for 8 weeks)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
9:00 am to 9:30 am	Parent/Child Swim Starters (stages A–B)	88_AQ_2282_60_062219_YYD			
9:00 am to 9:30 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_60_062219_YYD			
9:00 am to 9:40 am	School Age Swim Basics (stages 1–3)	88_AQ_2284_60_062219_YYD			
9:35 am to 10:05 am	Parent/Child Swim Starters (stages A–B)	88_AQ_2282_61_062219_YYD			
9:35 am to 10:05 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_61_062219_YYD			
9:45 am to 10:25 am	School Age Swim Basics (stages 1–3)	88_AQ_2284_61_062219_YYD			
10:10 am to 10:40 am	Parent/Child Swim Starters (stages A–B)	88_AQ_2282_62_062219_YYD			
10:10 am to 10:40 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_62_062219_YYD			
10:45 am to 11:15 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_63_062219_YYD			
10:45 am to 11:25 am	Advanced Swim Strokes (stages 5–6)	88_AQ_2285_60_062219_YYD			
11:15 am to 11:55 am	School Age Swim Basics (stages 1–3)	88_AQ_2284_62_062219_YYD			
11:20 am to 11:50 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_64_062219_YYD			
11:20 am to 12:00 pm	Advanced Swim Strokes (stages 5–6)	88_AQ_2285_61_062219_YYD			

<b>Tuesday &amp; Thursday</b>		<b>June 18 – July 11</b>		<b>(Twice a week for 4 weeks, no class July 4th)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
9:00 am to 9:30 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_90_061819_YYD			
9:00 am to 9:40 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_90_061819_YYD			
9:35 am to 10:05 am	Parent/Child Swim Starters (stages A–B)	88_AQ_2282_90_061819_YYD			
9:35 am to 10:05 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_91_061819_YYD			
9:45 am to 10:25 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_91_061819_YYD			
10:10 am to 10:40 am	Preschool Swim Basics (stages 1–3)	88_AQ_2283_92_061819_YYD			
10:30 am to 11:10 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_92_061819_YYD			

<b>Tuesday &amp; Thursday</b>		<b>June 18 – July 11</b>		<b>(Twice a week for 4 weeks, no class July 4th)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
10:45 am to 11:25 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_90_061819_YYD			
10:45 am to 11:25 am	Swim Crew	88_AQ_2514_90_061819_YYD			
3:15 pm to 3:45 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_93_061819_YYD			
3:15 pm to 3:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_91_061819_YYD			
3:15 pm to 3:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_93_061819_YYD			
3:15 pm to 3:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_90_061819_YYD			
3:40 pm to 4:10 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_94_061819_YYD			
4:00 pm to 4:40 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_92_061819_YYD			
4:00 pm to 4:40 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_94_061819_YYD			
4:15 pm to 4:45 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_95_061819_YYD			
4:45 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_93_061819_YYD			
4:45 pm to 5:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_95_061819_YYD			
4:45 pm to 5:25 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_91_061819_YYD			
4:50 pm to 5:20 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_96_061819_YYD			
5:45 pm to 6:15 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_97_061819_YYD			
5:45 pm to 6:25 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_94_061819_YYD			
5:45 pm to 6:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_96_061819_YYD			
6:20 pm to 6:50 pm	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_91_061819_YYD			
6:30 pm to 7:10 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_95_061819_YYD			
6:30 pm to 7:10 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_97_061819_YYD			
6:30 pm to 7:10 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_92_061819_YYD			
6:55 pm to 7:25 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_98_061819_YYD			
7:15 pm to 7:55 pm	Teen/Adult Swim Basics (stages 1-3)	88_AQ_2286_90_061819_YHL			
7:15 pm to 7:55 pm	Teen/Adult Swim Strokes (stages 4-6)	88_AQ_2287_90_061819_YHL			
7:15 pm to 7:55 pm	Competitive Stroke & Turn Development	88_AQ_2307_90_061819_YYD			

<b>Tuesday &amp; Thursday</b>		<b>July 16 – August 8</b>		<b>(Twice a week for 4 weeks)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
9:00 am to 9:30 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_90_071619_YYD			
9:00 am to 9:40 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_90_071619_YYD			
9:35 am to 10:05 am	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_90_071619_YYD			
9:35 am to 10:05 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_91_071619_YYD			
9:45 am to 10:25 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_91_071619_YYD			
10:10 am to 10:40 am	Preschool Swim Basics (stages 1-3)	88_AQ_2283_92_071619_YYD			
10:30 am to 11:10 am	Beginner Swim Strokes (stage 4)	88_AQ_2288_92_071619_YYD			
10:45 am to 11:25 am	School Age Swim Basics (stages 1-3)	88_AQ_2284_90_071619_YYD			
10:45 am to 11:25 am	Competitive Stroke & Turn Development	88_AQ_2307_90_071619_YYD			
3:15 pm to 3:45 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_93_071619_YYD			
3:15 pm to 3:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_91_071619_YYD			
3:15 pm to 3:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_93_071619_YYD			
3:15 pm to 3:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_90_071619_YYD			
3:40 pm to 4:10 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_94_071619_YYD			
4:00 pm to 4:40 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_92_071619_YYD			
4:00 pm to 4:40 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_94_071619_YYD			
4:15 pm to 4:45 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_95_071619_YYD			

<b>Tuesday &amp; Thursday</b>		<b>July 16 – August 8</b>		<b>(Twice a week for 4 weeks)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
4:45 pm to 5:25 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_93_071619_YYD			
4:45 pm to 5:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_95_071619_YYD			
4:45 pm to 5:25 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_91_071619_YYD			
4:50 pm to 5:20 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_96_071619_YYD			
5:45 pm to 6:15 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_97_071619_YYD			
5:45 pm to 6:25 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_94_071619_YYD			
5:45 pm to 6:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_96_071619_YYD			
6:20 pm to 6:50 pm	Parent/Child Swim Starters (stages A-B)	88_AQ_2282_91_071619_YYD			
6:30 pm to 7:10 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_95_071619_YYD			
6:30 pm to 7:10 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_97_071619_YYD			
6:30 pm to 7:10 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_92_071619_YYD			
6:55 pm to 7:25 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_98_071619_YYD			
7:15 pm to 7:55 pm	Teen/Adult Swim Basics (stages 1-3)	88_AQ_2286_90_071619_YHL			
7:15 pm to 7:55 pm	Teen/Adult Swim Strokes (stages 4-6)	88_AQ_2287_90_071619_YHL			
7:15 pm to 7:55 pm	Swim Crew	88_AQ_2514_90_071619_YYD			

<b>Monday – Thursday</b>		<b>July 8 – 18</b>		<b>(Four times a week for 2 weeks)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
1:00 pm to 1:30 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_01_070819_YYD			
1:00 pm to 1:40 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_01_070819_YYD			
1:00 pm to 1:40 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_01_070819_YYD			
1:35 pm to 2:15 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_02_070819_YYD			
1:35 pm to 2:15 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_01_070819_YYD			
1:45 pm to 2:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_02_070819_YYD			
1:45 pm to 2:25 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_02_070819_YYD			
2:20 pm to 3:00 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_03_070819_YYD			
2:20 pm to 3:00 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_03_070819_YYD			
2:30 pm to 3:10 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_04_070819_YYD			
2:30 pm to 3:10 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_04_070819_YYD			

<b>Monday – Thursday</b>		<b>July 22 – August 1</b>		<b>(Four times a week for 2 weeks)</b>	
<b>Time</b>	<b>Class</b>	<b>Product Code</b>			
1:00 pm to 1:30 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_01_072219_YYD			
1:00 pm to 1:40 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_01_072219_YYD			
1:00 pm to 1:40 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_01_072219_YYD			
1:35 pm to 2:15 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_02_072219_YYD			
1:35 pm to 2:15 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_01_072219_YYD			
1:45 pm to 2:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_02_072219_YYD			
1:45 pm to 2:25 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_02_072219_YYD			
2:20 pm to 3:00 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_03_072219_YYD			
2:20 pm to 3:00 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_03_072219_YYD			

<b>Monday – Thursday</b>		<b>July 22 – August 1</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>	
2:30 pm to 3:10 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_04_072219_YYD	
2:30 pm to 3:10 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_04_072219_YYD	

  

<b>Monday – Thursday</b>		<b>August 5 – 15</b>	<b>(Four times a week for 2 weeks)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>	
1:00 pm to 1:30 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_01_080519_YYD	
1:00 pm to 1:40 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_01_080519_YYD	
1:00 pm to 1:40 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_01_080519_YYD	
1:35 pm to 2:15 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_02_080519_YYD	
1:35 pm to 2:15 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_01_080519_YYD	
1:45 pm to 2:25 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_02_080519_YYD	
1:45 pm to 2:25 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_02_080519_YYD	
2:20 pm to 3:00 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_03_080519_YYD	
2:20 pm to 3:00 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_03_080519_YYD	
2:30 pm to 3:10 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_04_080519_YYD	
2:30 pm to 3:10 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_04_080519_YYD	

  

<b>Monday – Friday</b>		<b>June 17 – 21</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>	
1:00 pm to 1:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_C1_061719_YYD	
1:00 pm to 1:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_C1_061719_YYD	
1:00 pm to 1:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_C1_061719_YYD	
2:00 pm to 2:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_C2_061719_YYD	
2:00 pm to 2:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_C2_061719_YYD	
2:00 pm to 2:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_C2_061719_YYD	

  

<b>Monday – Friday</b>		<b>June 24 – 28</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>	
1:00 pm to 1:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_D1_062419_YYD	
1:00 pm to 1:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_D1_062419_YYD	
1:00 pm to 1:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_D1_062419_YYD	
2:00 pm to 2:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_D2_062419_YYD	
2:00 pm to 2:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_D2_062419_YYD	
2:00 pm to 2:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_D2_062419_YYD	

  

<b>Monday – Friday</b>		<b>July 1 – 5</b>	<b>(Four times a week for 1 week, no class July 4th)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>	
1:00 pm to 1:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_E1_070119_YYD	
1:00 pm to 1:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_E1_070119_YYD	
1:00 pm to 1:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_E1_070119_YYD	
2:00 pm to 2:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_E2_070119_YYD	
2:00 pm to 2:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_E2_070119_YYD	
2:00 pm to 2:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_E2_070119_YYD	

  

<b>Monday – Friday</b>		<b>August 19 – 23</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>	
1:00 pm to 1:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_L1_081919_YYD	
1:00 pm to 1:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_L1_081919_YYD	
1:00 pm to 1:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_L1_081919_YYD	

<b>Monday - Friday</b>	<b>August 19 - 23</b>	<b>(Five times a week for 1 week)</b>
<b>Time</b>	<b>Class</b>	<b>Product Code</b>
2:00 pm to 2:55 pm	School Age Swim Basics (stages 1-3)	88_AQ_2284_L2_081919_YYD
2:00 pm to 2:55 pm	Beginner Swim Strokes (stage 4)	88_AQ_2288_L2_081919_YYD
2:00 pm to 2:55 pm	Advanced Swim Strokes (stages 5-6)	88_AQ_2285_L2_081919_YYD
3:00 pm to 3:40 pm	Preschool Swim Basics (stages 1-3)	88_AQ_2283_L1_081919_YYD
3:00 pm to 3:55 pm	Swim Crew	88_AQ_2514_L1_081919_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.



# SPECIALTY PROGRAMS

## Competitive Stroke & Turn Development

This class is designed to develop and improve the four competitive strokes: Butterfly, Backstroke, Breaststroke and Freestyle, as well as competitive starts and turns. It is designed for a wide range of swimming abilities.

## Swim Crew

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.

## Youth Adaptive Swim Lessons

Youth lessons modified for individuals with special needs. Parent or aid participation might be required.

Programs listed are currently offered at this location. Please visit [ymcamn.org](http://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](http://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](http://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](http://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-1:30pm  
 Sunday: 9:30am-7:00pm

# CONTACT US

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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**

Jennifer Jutte, Aquatics Director

651-747-0829

[jen.jutte@ymcamn.org](mailto:jen.jutte@ymcamn.org)

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