



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Springfield Family YMCA Fall I Swim Lessons



Adult & Swim Strokes	Day	Time	Swim Starters & Swim Basics	Day	Time
Adult Beginner	Monday	8:50-9:30am	Level 2	Tuesday & Thursday	9:00-9:30am
Adult Beginner	Saturday	9:30-10:10am	Level 2	Tuesday	2:00-2:30pm
Adult Beginner	Wednesday	6:10-6:50pm	Level 2	Thursday	2:00-2:30pm
Adult Intermediate	Wednesday	8:50-9:30am	Level 2	Thursday	4:30-5:00pm
Adult Intermediate	Saturday	9:30-10:10am	Level 2	Saturday	10:30-11:00am
Adult Intermediate	Wednesday	6:50-7:30pm	Level 1	Tuesday & Thursday	9:30-10:00am
Level 6	Saturday	12:30-1:10pm	Level 1	Tuesday	2:30-3:00pm
Level 6	Monday	6:50-7:30pm	Level 1	Thursday	2:30-3:00pm
Level 6	Saturday	12:30-1:10pm	Level 1	Thursday	5:30-6:00pm
Level 4	Monday	5:30-6:10pm	Level 1	Saturday	11:00-11:30am
Level 4	Saturday	9:00-9:40am	Level 1	Saturday	12:00-12:30pm
Level 5	Monday	6:10-6:50pm	Level 3	Tuesday	1:30-2:00pm
Level 5	Saturday	12:30-1:10pm	Level 3	Thursday	1:30-2:00pm
Level 4	Wednesday	5:30-6:10pm	Level 3	Thursday	5:00-5:30pm
Level 4	Saturday	11:30-12:10pm	Level 3	Saturday	10:30-11:00am
Level 4	Sunday	1:45-2:25pm	Swim Starters	Saturday	10:00-10:30am
Combo Classes	Day	Time	Swim Starters	Thursday	6:00-6:30pm
Gym & Swim	Tuesday	5:15-6:30pm			
Gym & Swim	Sunday	12:30-1:45pm			

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Please stop in on Saturdays anywhere between 11am until 12:00pm for a free class evaluation. All we need is a few minutes of you or the child's time.

Registration Begins:	Monday, August 7th
Adults & Swim Strokes: *Adults and youth are once a week lessons!	Members \$32.00 Non Members \$64.00 (7 weeks Tue-Sat) Members \$28.00 Non Members \$56.00 (6 Weeks Monday)
Swim Starters & Swim Basics: *Check up top to see which lessons are twice a week or once week!	Once a week lesson: Members \$28.00 Non Members \$56.00 Members: \$24.00 Non Members: \$48.00 (6 Weeks Mondays) Twice a week lesson: Members \$56.00 Non Members \$112.00 Gym & Swim Members \$35.00 Non Members \$70.00
Session Dates: September 4th - October 22nd	No Swim Lessons: Closed for Labor Day: September 4th

What class should I or my child be in?

Swim Starters:

Parent and Child (6 months to 3 years) "Shrimp"

In this stage that make up this parent-child category, children learn to be comfortable in the water. Rather than teaching children how to survive in the water or become accomplished swimmers, Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents¹ also learn essential skills in Swim Starters. Close supervision is the best way to prevent drowning. Parents learn how to supervise children in the water, how to prevent accidents, and how to plan for emergencies.

Swim Basics (3-6 years)

Level 1 (Water Acclimation): "Pike"

Entry: Potty trained, able to work with an instructor

Pass: 5 feet front and back without float

Level 2 (Water Movement): "Eel"

Entry: 5 feet front and back without float

Pass: 15 feet front and back without float

Level 3 (Water Stamina): "Ray/Starfish"

Entry: 15 feet front and back without float

Pass: 20 feet front, back and elementary backstroke without float

Gym & Swim

This class is a great way to introduce your child to the gym and pool. After 30 minutes of structured games and activities the class will transition to the pool for a beginner level swim lesson. Parent participation is not required.

Swim Strokes (6-13 years)

Level 4 (Stroke Introduction): "Polliwog/Guppy"

Entry: 6 years of age

Pass: 20 feet front and back without float

Level 5 (Stroke Development): "Minnow"

Entry: 40 feet back, front with rotary breathing and elementary backstroke without float

Pass: 25 yards front, back and breast in good form

Level 6 (Stroke Mechanics): "Fish/Advanced"

This class is the final level for ages 6 to 13 years to develop a wide range of aquatic experiences including refining stroke technique, learning basic lifeguard skills and participation in challenges.

Adults (13 years and older)

Adults: The beginner and intermediate classes are for 13 years and older. These classes are design to over power fears, stroke technique, learning of new strokes and distance. These classes are here for someone who knows how to swim and for people who can't. You and the instructor will set goals and complete them together!