



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer 2018 Stillwater YMCA Swim Lessons

**Swimmers are permitted to sign up for only one class per registration period**

**\*ALL the lessons on this page will be offered at the Stillwater YMCA\***

For questions please email [ldyson@ymcaokc.org](mailto:ldyson@ymcaokc.org)

## **JUNE – AUGUST CLASSES at the YMCA:**

### **Parent/Child Stages A & B (6 months–35 months):**

- Monday-Thursday: 9:45-10:15 AM
- Saturday: 9:30-10:00 AM

### **Preschool Stage 1 (3-5yrs):**

- Monday-Thursday: 9:00–9:30 and 6:10–6:40 PM
- Saturday: 9:00–9:30 AM

### **Preschool Stage 2 & 3 (3-5yrs):**

- Monday-Thursday: 9:40–10:10 AM, 5:30–6:00,  
And 6:45–7:15 PM
- Saturday: 10:10–10:40 AM

### **Youth Stages 1 (6-12yrs):**

- Monday- Thursday: 9:00– 9:40 AM and 6:20– 7:00 PM
- Saturday: 9:30– 10:10 AM

### **Youth Stages 2/3 (6-12yrs):**

- Monday-Thursday: 9:50–10:30 AM, 6:20–7:00, and  
7:10–7:50 PM
- Saturday: 9:00–9:30 AM

### **Youth Stage 4 (6-12yrs):**

- Monday-Thursday: 9:00–9:40, 10:40–11:20 AM and  
6:20–7:00, 7:10–7:50 PM
- Saturday: 9:30–10:00 AM

### **Youth Stages 5/6 (6-12yrs):**

- Monday-Thursday: 9:50–10:30 AM and 6:20–7:00 PM
- Saturday: 10:20–11:00 AM

### **Adult Classes Stages 1-6 (13 & up)**

- Monday-Thursday: 9:00–9:40, 10:30–11:10 AM and  
6:10–6:50, 7:00–7:40 PM
- Saturday: 10:20–11:00 AM

## **Monday—Thursday Session dates:**

- I. June 4-14
- II. June 18-28
- III. July 9-20
- IV. July 23–August 2

## **Saturday Session dates:**

- I. June 9-30
- II. July 7-28

## **Group Lesson Prices**

### **8 total lessons: (Monday-Thursday)**

- Household Members: \$20
- Individual Members: \$30
- Non-Member: \$45

### **4 total lessons: (Saturdays)**

- Household Members: \$10
- Individual Members: \$15
- Non-Member: \$22.50

Financial Aid is available upon request

## **Classes and times are subject to change**

Classes are subject to cancellation due to weather or pool closings, we will try to make up all canceled classes, but we **only guarantee one** make up lesson due to cancellation per session.

**\*\*There will be no refunds once classes begin\*\***

To get important updates, reminders, and other information on your mobile phone:

Text @stwlessons to 81010

**Disclaimer: If a swimmer fails to meet the requirements below for the class in which they are enrolled, we cannot guarantee them a position\***



# Summer 2018 Stillwater YMCA Swim Lessons

**Swimmers are permitted to sign up for only one class per registration period**

**\*ALL the lessons on this page will be offered at the Stillwater CITY POOL\***

For questions please email [ldyson@ymcaokc.org](mailto:ldyson@ymcaokc.org)

## **JUNE – AUGUST CLASSES at the CITY POOL:**

### **Parent/Child Stages A & B (6 months–35 months):**

· Monday-Thursday: 5:30-6:00 PM

### **Preschool Stage 1 (3-5yrs):**

· Monday-Thursday: 10:30-11:00 AM

### **Preschool Stage 2 & 3 (3-5yrs):**

· Monday-Thursday: 11:10–11:40 AM, 11:50- 12:20 PM  
and 5:30–6:00 PM

### **Youth Stages 2/3 (6-12yrs):**

· Monday-Thursday: 10:30–11:10 AM, 12:00-12:40 PM  
and 5:30-6:10 PM

### **Youth Stage 4 (6-12yrs):**

· Monday-Thursday: 11:15- 11:55 AM and  
5:30-6:10 PM

### **Session dates:**

- I. June 4-14
- II. June 18-28
- III. July 9-20
- IV. July 23–August 2

## **Group Lesson Prices**

**8 total lessons: (Monday-Thursday)**

\$45 per Session

### **Classes and times are subject to change**

Classes are subject to cancellation due to weather or pool closings, we will try to make up all canceled classes, but we **only guarantee one** make up lesson due to cancellation per session.

**\*\*There will be no refunds once classes begin\*\***

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### **Stage A & B:** Water Discovery and Water Exploration (Swim Starters)

Drowning Prevention and Safety around Water. Games, songs, and water environment experiences.

#### **Stage 1:** Water Acclimation (Swim Basics)

Water Safety and Drowning Prevention. Introduction to being in the water.

**Prerequisites: No skills required**

#### **Stage 2:** Water Movement (Swim Basics)

Water Safety and Drowning Prevention. Introduction to balance in the water.

**Prerequisites: Must be able to willingly submerge face and head under water**

#### **Stage 3:** Water Stamina (Swim Basics)

Water Safety and Drowning Prevention. Introduction to swimming in the water.

**Prerequisites: Stage 2 prerequisites plus must be able to float unassisted on front and back**

#### **Stage 4:** Stroke Introduction (Swim Strokes)

Introduction to the four main strokes. Advances water safety and drowning prevention.

**Prerequisites: Stage 2 and 3 prerequisites plus must be able to swim unassisted 10-15 meters front and back**

#### **Stage 5:** Stroke Development (Swim Strokes)

Refinement in the four main strokes. Advances water safety and drowning prevention.

**Prerequisites: Stage 2-4 prerequisites plus must be able to swim unassisted 10-15 meters freestyle, backstroke, breaststroke, and dolphin kick**

#### **Stage 5:** Stroke Mechanics (Swim Strokes)

Advances stroke refinement and stamina building. Advances water safety and drowning prevention.

**Prerequisites: Stage 2-5 prerequisites plus must be able to swim 50 meters of freestyle and breaststroke and 25 meters of breaststroke and butterfly.**

#### **Adult Lessons:** Stages 1-6 (Ages 13+)

Classes are divided between swimmers and non-swimmers. Typically a swimmer is defined as someone who is confident and comfortable, capable of face-in swimming and able to swim at least one length of the pool or 25 meters. Non-swimmer should enroll in stages 1-3; swimmers stages 4-6.

**Disclaimer: If a swimmer fails to meet the requirements below for the class in which they are enrolled, we cannot guarantee them a position\***