



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer 2019 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 [shancock@ymcaokc.org](mailto:shancock@ymcaokc.org)

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

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

- Monday-Thursday: 9:45-10:15 AM

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

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

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

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

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

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

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

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

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

- Monday-Thursday: 6:20–7:00, 7:10–7:50 PM

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

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

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

- Monday-Thursday: 6:10–6:50, 7:00–7:40 PM

## **Monday—Thursday Session dates:**

I. June 3-13

II. June 17-27

III. July 8-18

IV. July 22–August 1

## **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 @stswim 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 2019 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 [shancock@ymcaokc.org](mailto:shancock@ymcaokc.org)

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

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

· Monday-Thursday: 5:15-5:45 PM

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

· Monday-Thursday: 10:35-11:05 AM

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

· Monday-Thursday: 11:15–11:45 AM, 11:50- 12:20 PM  
and 5:15–5:45 PM

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

· Monday-Thursday: 11:15–11:55 AM, 12:00-12:40 PM  
and 5:15-5:55 PM

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

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

### **Session dates:**

- I. June 3-13
- II. June 17-27
- III. July 8-18
- IV. July 22–August 1

## **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\*\***

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

Text @stswswim to 81010

### **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 6: 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\***