



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM FOR LIFE

## Swim Lessons at the YMCA

Swim lessons at the YMCA are a great way to get comfortable in the water and develop your skills. Lessons cover the basics of floating, stroke technique, water safety and boat safety. All ages are welcome; 6 months to adults!

### Ages

6 months to adults

### Dates

Winter Session – January 8<sup>th</sup> – February 17<sup>th</sup> (6 weeks)  
Once per week; Monday, Wednesday or Saturday

### Times

See back for registration form

### Where

YMCA Pools

### Cost

Members - \$30  
Non Members - \$54

Payments can be made at the  
Welcome Center Desk, by phone  
Or by mailing in the registration form

### Contact

Suzie McNees, ext. 126

BATTLE CREEK FAMILY YMCA  
P 269 963 9622  
[www.ymcabattlecreek.org](http://www.ymcabattlecreek.org)  
Facebook: Battle Creek Family YMCA





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**Parent & Child Classes (6 months to 3 years)**

**A/WATER DISCOVERY- B/WATER EXPLORATION**

Parent & child work together in this water adjustment class, this class meets in the warm water of the Therapy pool. Teaches parents how to keep children safe in the water and children to be safe & enjoy the water.

**Preschool Classes (3 to 5 years old)**

**1/WATER ACCLIMATION: Non-swimmer**

**2/WATER MOVEMENT: Beginning to swim**

**3/WATER STAMINA: Water adjusted swimmer**

**Youth Class (5 to 12 years old)**

**2/WATER MOVEMENT: Beginning to swim**

**3/WATER STAMINA: Water adjusted swimmer**

**4/STROKE INTRODUCTION: Able to swim length of pool**

**5/STROKE DEVELOPMENT: Able to swim 2 lengths of pool**

**6/STROKE MECHANICS: Build endurance of all strokes**

Jan 8<sup>th</sup> – Feb 17<sup>th</sup> (6 Weeks)

Swim Lesson Cost:  
\$30 Members  
\$54 Non-Members



NAME: \_\_\_\_\_ PARENT NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ M / F  
 PHONE NUMBER: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_  
 PARENT SIGNATURE: \_\_\_\_\_

CLASS TIMES:	MONDAY	WEDNESDAY	SATURDAY	POOL
<b>A / WATER DISCOVERY (6 MON. – 2 YRS)</b>	6:30-7:00PM	6:30-7:00PM	10:30-11:00AM	THERAPY
<b>B / WATER EXPLORATION (2 YRS. – 3YRS)</b>	6:30-7:00PM	6:30-7:00PM	10:30-11:00AM	THERAPY
<b>1 / WATER ACCLIMATION (3-5 YRS)</b>	4:50-5:20PM	4:50-5:20PM	10:00-10:30AM	THERAPY
	7:00-7:30PM	7:00-7:30PM		
<b>2/ WATER MOVEMENT- PRESCHOOL BEGINNER (3-5 YRS)</b>	4:50-5:20PM	4:50-5:20PM	10:00-10:30AM	THERAPY
	7:00-7:30PM	7:00-7:30PM		
<b>2/ WATER MOVEMENT-SCHOOL AGE BEGINNER (5-12YRS)</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM	25 YARD
	6:00-6:45PM	6:00-6:45PM		
<b>3/ WATER STAMINA- PRESCHOOL INTERMEDIATE (3-5 YRS)</b>	4:50-5:20PM	4:50-5:20PM	10:00-10:30AM	THERAPY
	7:00-7:30PM	7:00-7:30PM		
<b>3/ WATER STAMINA- SCHOOL AGE INTERMEDIATE (5-12 YRS)</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM	25 YARD
	6:00-6:45PM	6:00-6:45PM		
<b>4/ STROKE INTRODUCTION (5-12 YRS)</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM	25 YARD
	6:00-6:45PM	6:00-6:45PM		
<b>5/ STROKE DEVELOPMENT (5-12 YRS)</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM	25 YARD
	6:00-6:45PM	6:00-6:45PM		
<b>6/ STROKE MECHANICS (5-12 YRS)</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM	25 YARD
	6:00-6:45PM	6:00-6:45PM		
<b>TEEN/ADULT (12+ YRS)</b>	7:00-7:30PM	7:00-7:30PM		25 YARD