



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

Summer Session - July 9<sup>th</sup> - August 4<sup>th</sup> (4 weeks)

Once per week; Monday, Wednesday or Saturday

### Times

See back for registration form

### Where

YMCA Pools

### Cost

Members - \$20

Non Members - \$36

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

### Contact

Zoey McCleary, 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**

July 9th - August 4th (4 weeks)

Swim Lesson Cost:  
\$20 Members  
\$36 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    |
|--|-------------|-------------|---------------|---------|
| A / WATER DISCOVERY (6 MON. - 2 YRS)                 | 6:30-7:00PM | 6:30-7:00PM | 10:30-11:00AM | THERAPY |
| B / WATER EXPLORATION (2 YRS. - 3YRS)                | 6:30-7:00PM | 6:30-7:00PM | 10:30-11:00AM | THERAPY |
| 1 / WATER ACCLIMATION (3-5 YRS)                      | 4:50-5:20PM | 4:50-5:20PM | 10:00-10:30AM | THERAPY |
|  | 7:00-7:30PM | 7:00-7:30PM |               |         |
| 2/ WATER MOVEMENT- PRESCHOOL BEGINNER (3-5 YRS)      | 4:50-5:20PM | 4:50-5:20PM | 10:00-10:30AM | THERAPY |
|  | 7:00-7:30PM | 7:00-7:30PM |               |         |
| 2/ WATER MOVEMENT-SCHOOL AGE BEGINNER (5-12YRS)      | 4:00-4:45PM | 4:00-4:45PM | 11:00-11:45AM | 25 YARD |
|  | 6:00-6:45PM | 6:00-6:45PM |               |         |
| 3/ WATER STAMINA- PRESCHOOL INTERMEDIATE (3-5 YRS)   | 4:50-5:20PM | 4:50-5:20PM | 10:00-10:30AM | THERAPY |
|  | 7:00-7:30PM | 7:00-7:30PM |               |         |
| 3/ WATER STAMINA- SCHOOL AGE INTERMEDIATE (5-12 YRS) | 4:00-4:45PM | 4:00-4:45PM | 11:00-11:45AM | 25 YARD |
|  | 6:00-6:45PM | 6:00-6:45PM |               |         |
| 4/ STROKE INTRODUCTION (5-12 YRS)                    | 4:00-4:45PM | 4:00-4:45PM | 11:00-11:45AM | 25 YARD |
|  | 6:00-6:45PM | 6:00-6:45PM |               |         |
| 5/ STROKE DEVELOPMENT (5-12 YRS)                     | 4:00-4:45PM | 4:00-4:45PM | 11:00-11:45AM | 25 YARD |
|  | 6:00-6:45PM | 6:00-6:45PM |               |         |
| 6/ STROKE MECHANICS (5-12 YRS)                       | 4:00-4:45PM | 4:00-4:45PM | 11:00-11:45AM | 25 YARD |
|  | 6:00-6:45PM | 6:00-6:45PM |               |         |
| TEEN/ADULT (12+ YRS)                                 | 7:00-7:30PM | 7:00-7:30PM |               | 25 YARD |