

SUMMER SWIM LESSONS

SMALL GROUP LESSONS meet twice a week, with groups for people of all ages and skill levels. Young children not ready to get in the water without a parent, beginners learning basic water safety skills, swimmers learning advanced stroke techniques, and advanced swimmers training toward health and wellness goals work with trained instructors in play-based student-oriented small group experiences.

JUNE SESSION

June 3-28 for 4:35-5:15, and 5:55 classes
June 10-28 for 9:00, 9:40, and 10:20 classes*

JULY SESSION

July 8 - August 1

AUGUST SESSION

August 5 - 29

REGISTRATION OPENS

Superior YMCA Members
General Public

May 13
May 20

\$40*
\$80*

*June morning sessions pro-rated to \$30/\$60 due to later start date

PARENT/CHILD and TODDLER

	MON and WED	TUE and THU
SWIM STARTERS: Stages A-B, ages 6 months –3 yrs Parent Child lessons <u>with a parent in the water</u>	5:15 AQPC515	4:35 AQPC435
SWIM BASICS for Toddlers: Ages 2.5-3 yrs Small group lessons for younger preschoolers learning to follow instructions <u>without a parent in the water</u>	4:35 AQTOT435	5:15 AQTOT515

PRESCHOOL and SCHOOL-AGED

	MON and WED	TUE and THU
SWIM BASICS: Stages 1-3, ages 3-12 yrs SWIM STROKES: Stages 4-6, Ages 3-12 yrs	9:00 AQYMW0900 9:40 AQYMW0940 10:20 AQYMW1020	9:00 AQYTTH0900 9:40 AQYTTH0940 10:20 AQYTTH1020
<u>All skill levels and age groups</u> register at the same time slots. Just pick the day and time that works best for your family!	4:35 AQYMW435 5:15 AQYMW515 5:55 AQYMW555	4:35 AQYTTH435 5:15 AQYTTH515 5:55 AQYTTH555

ADULTS and TEENS

	MON and WED	TUE and THU
SWIM PATHWAYS for 10 - 16 year olds: Aquatic Conditioning for students who have completed Stage 5+ Build Endurance through Water Sports and Games	6:30 AQTEEN1	
SWIM BASICS and SWIM STROKES for Teens and Adults Small group lessons for Beginners-Intermediate swimmers 13+	7:30 AQADULT1	
SWIM PATHWAYS for Adults Twice a week training swims with our experienced swim coach. Ideal for triathlon training or athletic conditioning		7:30 AQADULT2
SUMMER SWIM TEAM: Ages 5-18, <u>June 25-August 3</u> Age group practices for competitive swimmers with 1-2 optional Saturday Swim Meets.		5:00* Ages 8 and under 5:45* Ages 9 - 12 6:30* Ages 13+

*SWIM TEAM PRACTICE TIMES ARE APPROXIMATE AND MAY BE ADJUSTED BASED ON ENROLLMENT.

WATER SAFETY TIPS

ACTIVE SUPERVISION

Most drownings occur within 10 feet of safety. Whether it's bath time, a visit to the lake, or enjoying a rec swim in one of our pools, make sure your children are within arm's reach at all times.



TEACH THEM EARLY

When enrolled in Y swim lessons at an early age, children learn fundamental water safety sequences like SWIM-FLOAT-SWIM and JUMP-PUSH-TURN-GRAB.



SUIT UP

Inexperienced or non-swimmers should wear a properly fitting Coast Guard-approved personal floatation device while in water than armpit depth. Avoid "floaties" or ride-on devices.



REACH OR THROW, DON'T GO

When a friend is in trouble in the water, REACH out to them or THROW an object that floats; BUT DON'T GO in the water after them.



ALWAYS ASK

Teach your children to always ask before getting into the pool or any other body of water. This will help keep your children safe by making sure someone is always watching them while they are in the water.

REFRAIN FROM BREATH-HOLDING

Swimmers shouldn't hold their breath for a prolonged amount of time. Doing so can lead to accidental loss of consciousness, causing drowning or other severe side-effects.



REC AND FAMILY SWIMS AT OUR Y: Lifeguards are always on duty to respond in case of any emergency and enforce the above water safety policies. Children under the age of 7 must have a parent in the water playing with them. Properly fitting lifejackets are permitted, but do not dismiss active parental supervision requirement. Children not toilet trained must wear swim diapers. Check the pool schedule on our website for a great time to bring the kids to the pool!

CREATING A NEW WAVE OF IMPACT: Drowning is the second leading cause of death for children ages 5 to 14. With school ending and hundreds of lakes and beaches in our backyard, summer is a great time for parents to remember the importance of equipping children with essential water safety skills. The Y offers a variety of swim programs that help reduce the risk of childhood drowning and develop a lifelong love of swimming.