

SPRINGFIELD YMCA SWIM LESSONS



Early Fall Session

Parent/Tot (Stage A/B) – Member \$40 Non-Member \$75

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Monday, 9:15 AM, 30 min

Preschool

Students will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit. Jump, push, turn, grab. *Parent should come prepared to enter the water if child is not willing to do so alone.*

PRESCHOOL

For Swimmers ages 3 – 5 years of age.

Member \$40 Non-Member \$75

Stage 1

Monday, 3:30 PM, 30 min

Stage 2

Wednesday, 3:30 PM, 30 min

Member \$40 Non-Member \$75

Stage 3

Saturday, 9:00 AM, 30 min

Stage 4

Tuesday, 3:30 PM, 30 min

YOUTH

For swimmers ages 6 – 12 years of age.

Member \$50 Non-Member \$85

Stage 1

Monday, 4:10 PM, 40 min

Stage 2

Wednesday, 4:10 PM, 40 min

Member \$50 Non-Member \$85

Stage 3

Saturday, 9:40 AM, 40 min

Stage 4

Tuesday, 4:10 PM, 40 min

Teen/Adult Lessons

\$50 member/\$85 non-member

Saturday, 11:20 AM, 40 min

Youth Stage 5/6 – Member \$50 Non-Member \$85

For swimmers ages 6 years to 12 years of age. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Stage 5

Saturday, 10:30 AM, 40 min

Diversibility – Member \$40 Non-Member \$75

A fun, non-competitive aquatics program for swimmers ages 5–18 years, accompanied by a parent/guardian with different abilities & challenges.

Thursday, 4:10 PM, 30 min

Thursday, 4:50 PM, 30 min

Thursday, 5:30 PM, 30 min

Diversibility Mommy/Daddy & Me

Member \$40 Non-Member \$75

For children ages 6 months to 4 years old with different abilities and challenges, accompanied by a parent. Infants/toddlers learn to be comfortable in the water and develop lifelong swim safety skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Thursday, 3:30 PM, 30 min

Diversibility Swim Squad

Member \$50 Non-Member \$85

Friday, 3:45 PM, 45 min

Surf & Turf – \$60 Member \$90 Non-Member

A fun, safety oriented aquatics program for high school age Diversibility members (ages 14–18). Our goal is to not only teach swim lessons but to provide a lifelong skill of swimming and safety that will last throughout their lifetime.

Thursday, 6:15 PM, 30 min (Pool)

Tuesday, 6:15 PM, 30 min (Wellness Center)

IMPORTANT:

You and your child's health and safety and that of our staff team is very important to us. **All group swim lessons for stages A and B only will require a parent/guardian to get into the pool with the participant. Parents of swimmers who will not get into the pool with an instructor may be asked to get into the pool with their child. Our instructors will guide you to help teach your child in the pool. Masks are required for all adults and children 2 years of age and over until they enter the water. For all group swim lessons for stages Youth 1 and higher the swim instructor will be in the water, socially distant with a face shield.**

For more information contact:
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