

SPRINGFIELD YMCA SWIM LESSONS



Winter 2022 Session

STRONG SWIMMERS. CONFIDENT KIDS.

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids.



PRESCHOOL – 30 Minutes

Ages 3 – 5 years.

Member \$40

Non-Member \$75

Stage 2 & 3: Monday, 3:45 PM

Stage 1: Tuesday, 3:45 PM

Stage 1 & 3: Wednesday, 3:45 PM

Stage 1: Wednesday, 7:15 PM

Stage 1: Friday, 6:00 PM

Stage 1: Saturday, 8:45 AM

Stage 2: Saturday, 9:20 AM

Stage 3: Saturday, 9:55 AM

Stage 1: Saturday, 10:30 AM

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.*



YOUTH – 40 Minutes

Ages 6 – 12 years.

Member \$50

Non-Member \$85

Stage 3 & 4: Monday, 4:25 PM

Stage 5: Monday, 5:15 PM

Stage 1 & 2: Tuesday, 4:25 PM

Stage 1 & 4: Tuesday, 5:15 PM

Stage 2 & 3: Wednesday, 4:20 PM

Stage 4: Wednesday, 5:15 PM

Stage 1: Friday, 6:30 PM

Stage 1: Saturday, 8:45 AM

Stage 2: Saturday, 9:30 AM

Stage 3: Saturday, 10:15 AM

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, 9:00 AM, 30 min

ADULT/TEEN – 40 Minutes

Ages 13 years and up.

Member \$50

Non-Member \$85

Monday, 9:35 AM

Saturday, 11:45 AM

PRIVATE – 30 Minutes

Member \$35

Non-Member \$60

If you feel you work better in a one-on-one setting, want to work on specific skills or strokes, or would like more flexible class times, these lessons are for you.

Private lessons are for individuals; semi-private lessons are for two children or adults with one instructor. Lessons are scheduled at the same day and time for seven consecutive weeks.

Please schedule through Dave Foster, our SY Aquatics Instructor.

DIVERSIBILITY LESSONS – 30 Minutes

Member \$40 Non-Member \$75

A fun, non-competitive aquatics program for swimmers ages 6 months–21 years, accompanied by a parent/guardian with different abilities and challenges.

Thursdays:

Ages 6 months–4 years, Parent/Tot Together, 3:15 PM

Ages 5–12, 3:55 PM

Ages 13–21, 5:15 PM

Swim Squad: 6–7PM (a non-competitive swim team)

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.

Dave Foster, Aquatics Director
610.638.1270 | DFoster@cyedc.org

For more information about swim lessons visit:

