



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

Fall session – October 29th – December 15th (6 weeks, **NO CLASS THE WEEK OF THANKSGIVING**)
Once per week; Monday, Wednesday or Saturday

Times

See back for registration form

Where

YMCA Pools

Cost per child

Members - \$30

Non-members - \$54

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

Contact

Front desk, 269-963-9622 ext. 104 or 105

BATTLE CREEK FAMILY YMCA
P 269 963 9622
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

October 29th – December 15th (6 Weeks)

Swim lesson cost (per child):
\$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
A / WATER DISCOVERY (6 MON. – 2 YRS)			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



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	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