



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SECURE SWIMMERS



## WINTER SWIM LESSONS Swim Lessons for All Ages BOWLING FAMILY YMCA

Children will become stronger swimmers and more confident kids. This new swim lesson program has eight (8) stages. **Stages A & B** are swim starters for parent & child lessons who 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. **Stages 1-3 (Swim Basics)** are for pre-school and up. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills of—Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit and—Jump, push, turn, grab. **Stages 4-6 (Swim Strokes)** are for school age and older. 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.

### Sessions

All classes are set up in eight (8) 30 or 40 minute classes.

### Classes

Classes are available

- Monday/Wednesday, Tuesday/Thursday (2 days a week)
- Saturdays (1 day a week)

### Private and Semi-Private Lessons

Private and Semi-Private Lessons are available. You will get four (4) 30 minute classes.



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- Stage 1—Water Acclimation
- Stage 2—Water Movement
- Stage 3—Water Stamina
- Stage 4—Stroke Introduction
- Stage 5—Stroke Development
- Stage 6—Stroke Mechanics

## Preschool

Classes are 30 minutes in length

- Tuesday & Thursday**
- 10:55—11:25 a.m. Stage 1 / Stage 2
- 5:30—6:00 p.m. Stage 1 / Stage 2
- 6:15—6:45 p.m. Stage 3 / Stage 4
- Monday & Wednesday**
- 6:15—6:45 p.m. Stage 1 / Stage 2
- Saturdays**
- 10:25—10:55 a.m. Stage 1 / Stage 2
- 11:10—11:40 a.m. Stage 3 / Stage 4

## School Age

Classes are 30 or 40 minutes in length

- Tuesday & Thursday**
- 10:55—11:25 a.m. Stage 1 / Stage 2
- 5:30—6:00 p.m. Stage 3
- 6:15—6:45 p.m. Stage 1 / Stage 2
- 7:00—7:40 p.m. Stage 4 / Stage 5
- Monday & Wednesday**
- 5:30—6:00 p.m. Stage 1 / Stage 2
- Saturdays**
- 9:30—10:10 a.m. Stage 2 / Stage 3
- 10:25—10:55 a.m. Stage 1

All group classes:  
**Family Members—\$20**  
**Youth Members—\$38**      **Non-members—\$60**

### HANDI-CAPABLE

This class is for people with disabilities and their caregiver. Class meets Saturday at 11:30—12:00 a.m.

**Members—\$ 20**      **Non-members—\$35**

### COMPETITIVE STROKE

Stay in shape for swim team or just build endurance. Class meets Tuesday/Thursday 7:00—7:45 p.m.

**Members—\$ 38**      **Non-members—\$60**

## Adult/Teen

Ages 13 and up

Classes are 30 or 40 minutes in length

- Monday & Wednesday**
- 7:00—7:30 p.m. Stage 1—Stage 3
- 7:00—7:40 p.m. Stage 4—Stage 6
- Saturdays**
- 9:30—10:00 a.m. Stage 1—Stage 3
- 9:30—10:10 a.m. Stage 4—Stage 6

## Parent/Child

Stage A—Water Discovery      Stage B—Water Exploration

6 months – 36 months (30 minutes lessons)

Children who are not potty-trained must wear swim diapers. If children are 36 months old and will go to strangers they can be signed up for the preschool classes.

- Tuesday & Thursday**
- 10:10—10:40 a.m. Stage A / Stage B
- Saturdays**
- 11:10—11:40 a.m. Stage A / Stage B

**Two Days A Week:**  
**March 6—March 30**  
**April 3—April 27**  
**May 1—May 25**  
**Saturdays:**  
**March 4—April 22**  
**April 29—May 20 (Mini—1/2 price)**

### PRIVATE LESSONS (4- 30 min classes)

**Members—\$100**      **Non-members—\$130**

### SEMI-PRIVATE LESSONS (Two Children together)

(4- 30 min classes)  
**Members—\$150**      **Non-member—\$200**

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Release of liability/Assumptions of risk: The undersigned participant or parent/guardian, in consideration of participation in the program activities indicated on this form, agree to indemnify and hold harmless the YMCA of El Paso, it's representatives, it's successors, and assigns all releases the same from any and all liability for any injury or illness which may be suffered by the participant, name herein, arising out of, or in any way connected with the program or activity indicated and assumes the risks for such injury or illness. I also authorize the use of any photographic image of the participant, name herein, taken during program or activity, for use in any YMCA of El Paso publication. I further agree to abide by all of the YMCA of El Paso policies and procedures.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_