



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SECURE SWIMMERS

## FALL SWIM LESSONS Swim Lessons for All Ages WESTSIDE 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-Thursday (4 days a week)
- 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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**Preschool**

Classes are 30 minutes in length

Tuesday & Thursday  
4:40—5:10 p.m. Stage 1

Monday & Wednesday  
4:40—5:10 p.m. Stage 2  
6:00—6:30 p.m. Stage 1

Saturdays  
10:00—10:30 a.m. Stage 1  
10:40—11:10 a.m. Stage 2  
10:40—11:10 a.m. Stage 1  
11:20—11:50 a.m. Stage 2  
12:00—12:30 p.m. Stage 3

**Adult/Teen**

Ages 13 and up

Classes are 30 or 40 minutes in length

Saturdays  
9:10—9:50 a.m. Stage 1—Stage 3  
9:10—9:50 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.

Saturdays  
12:00—12:30 p.m. Stage A / Stage B

**Special Needs**

This class is for people with disabilities and their caregiver. Class meets Saturdays at 12:00-12:30p.m. There must be an aide in the water.

Members—\$ 20 Non-members—\$35

**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

**School Age**

Classes are 30 or 40 minutes in length

Tuesday & Thursday  
5:20—5:50 p.m. Stage 1  
6:00—6:30 p.m. Stage 2  
6:40—7:10 p.m. Stage 3

Monday & Wednesday  
5:20—5:50 p.m. Stage 2  
6:40—7:20 p.m. Stage 4

Saturdays  
9:10—9:50 a.m. Stage 4  
10:00—10:30 a.m. Stage 1  
10:00—10:30 a.m. Stage 2  
10:40—11:10 a.m. Stage 2  
11:20—11:50 a.m. Stage 1  
11:20—11:50 a.m. Stage 3

Stage 1  
Water Acclimation

Stage 2  
Water Movement

Stage 3  
Water Stamina

Stage 4  
Stroke Introduction

Stage 5  
Stroke Development

Stage 6  
Stroke Mechanics

**Swim Team Prep**

Introduce your child to one of the most competitive and challenging sports around. Competitive swimming builds cardiovascular health, flexibility, muscle tone, and more. Goal setting, confidence, and self-discipline are benefits. This is for children 18 years old and younger.

M/W  
7:30-8:30p

Members—\$ 30

Non-members—\$70

**Group classes:**

Family Members—\$20

Non-members—\$60

Two Days A Week:

Saturdays:

Sep 10/11—Oct 3/4  
Oct 8/9—Oct 31/ Nov 1

Sep 15— Nov 3  
Nov 10— Dec 29

Four Days A Week:

Nov 5— Nov 15  
Dec 3— Dec 13

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: \_\_\_\_\_