

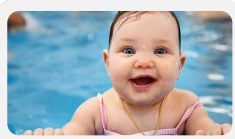


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENT YOUTH SAFE SUMMER SWIMMERS

CONCORD FAMILY YMCA Swim Lesson
Summer Session 1 June 26–July 21, 2016
(6 lessons total, 2 lessons per week)
Summer Session 2 July 24 – Aug 11, 2016
(6 lessons total, 2 lessons per week)

Registration dates for Summer session
YMCA Members: Online only starting May 22
YMCA Members: Online & In house starting May 30
Community Members: June 5 In-house only.
Private swim lessons will be scheduled June 19-23
email jbonnett@concordymca.org to request a spot
No lessons July 3rd-7th=4th July week.
The pool will shut down at the end of the day Aug 19 for repairs. The pool will re-open Sep 6th.



PARENT CHILD

(6 months - 3 years) • 30 minute class • Twice a week.
Full Members \$50 Community Members \$90

- A. Water Discovery:** Introduces infants and toddlers to the aquatic environment.
- B. Water Exploration:** Focuses on exploring body positions blowing bubbles and fundamental safety and aquatic skills

Tue & Thurs	Wed & Fri
A. Water Discovery 9:20-9:50am	B. Water Exploration 9:20-9:50am

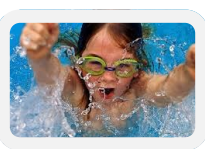


PRESCHOOL

(3 years - 6 years) • 30 minute class • Twice a week.
Full Member: \$50 • Community Member: \$90

- 1. Water Acclimation:** Increases comfort with underwater exortation and introduces basic self-rescue skills performed with assistance.
- 2. Water Movement:** Encourages forward movement in water and basic self-rescue skills performed independently.
- 3. Water Stamina:** Develops intermediate self rescue skills performed at longer distances than previous stages.

Tue & Thurs	Wed & Fri
1. Water Acclimation 9:55-10:25a	2. Water Movement 9:55-10:25a
3. Water Stamina 10:30-11am	1. Water Acclimation 4:35-5:05pm
	2. Water Movement 5:10-5:40pm



YOUTH

(6 years - 13 years) • 40 minute class • Twice a week.
Full Member: \$50 • Community Member: \$90

- 1. Water Acclimation:** Increases comfort with underwater exortation and introduces basic self-rescue skills performed with assistance.
- 2. Water Movement:** Encourages forward movement in water and basic self-rescue skills performed independently.
- 3. Water Stamina:** Develops intermediate self-rescue skills performed at longer distances than previous stages.
- 4. Stroke Introduction:** Introduces stroke technique in front crawl and backcrawl and reinforces water safety through treading water and elementary back stroke.
- 5. Stroke Development:** Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.
- 6. Stroke Mechanics:** Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Tue & Thurs	Wed & Fri
2. Water Movement 3:50-4:30pm	1. Water Acclimation 3:50-4:30pm
4. Stroke Introduction 4:35-5:15pm	
3. Water Stamina 5:20-6pm	



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Questions Contact:
Jennifer Bonnett, Aquatics Director at
jbonnett@concordymca.org

CONFIDENT YOUTH SAFE SUMMER

CONCORD FAMILY YMCA Swim Lesson

June 24–Aug 12, No class July 1st (4 July week) 2017 (7 classes)

Private Swim Lessons: Members \$150 Community Members \$220, Semi-Private: split the cost between children * the Y does not provide a second child for Semi Private. Private swim lessons will be scheduled the week of June 19th–23rd . To schedule a private lesson contact the Aquatics Director Jennifer Bonnett @ jbonnett@concordymca.org (Scholarships do not apply to Private or Semi-Private lessons)



PRIVATE & SEMI PRIVATE

(3 years and up)

30 minute class, once a week, for 7 weeks

Members \$150

Community–Members \$220

* **Private Lessons** for students who do better with one-on-one attention, have special needs or are working towards a specific goal.

* **Semi-private swim lessons:** The YMCA does not provide a second swimmer.

* **Private & Semi Private lessons** will be scheduled the week of June 19th –23rd Please email jbonnett@concordymca.org to request a time spot.



Q: How do I know what level to place my child?

A: Each child is grouped by age and skill. For an assessment call us, we can determine skill levels over the phone or set up a water appointment.

Q: Where do I find session dates, registration dates, class times and prices?

A: In this brochure, or at www.concordymca.org, under the program guide.

Q: Does every child advance to the next level after completion of their session?

A: No, we expect each child to learn and progress at his or her own rate. Your child will receive a mid-session and an end of session report from the instructor that explains his or her current skill level.

Q: How do I make sure my expectations are being

met during the program?

A: Talk to the Instructor or the Aquatic Director if you have a concern. We appreciate and welcome your feedback.

Q: What is the instructor to child ratio?

A: Our average ratio for preschool class is 1:5 and the average for youth class is 1:6.

Q: Does the YMCA offer make-up lessons if we can not make it to a lesson?

A: Due to the large number of participants we are unable to offer make-up lessons. In the event of an unforeseen pool shutdown, we will do our best to offer a make-up lesson.

Q: Does the YMCA offer make ups or refunds if I can not make the scheduled makeup class?

A: No, we offer make up classes when the pool schedule allows for the session.

Q: Does the YMCA give refunds?

A: Refunds or credits requested BEFORE the 2nd

class will be processed.

Q: Where can I register for group swimming lessons?

A: YMCA members can sign up for classes on our website or with the Welcome Center staff at the YMCA. Community members can sign up for classes at the YMCA with our Welcome Center staff.

Q: If I register my child as a community member for swim lessons, can I use the family swim times?

A: No, the family swim times are for members only. If you want to become a member you can talk to the friendly staff at the Welcome Center.

Updated 5.2.2017 JB