



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN, SAFE SUMMER SWIMMING

CONCORD FAMILY YMCA Swim Lesson Summer Session Saturdays: June 24-Aug 12, No class July 1st (4 July week) 2017 (7 classes)

Members \$55 Community Members \$100

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. To schedule private or semi private lessons contact Jennifer Bonnett jbonnett@concordymca.org (Scholarships do not apply to Private or Semi-Private lessons)

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 1st-4th July weekend.

The pool will shut down at the end of the day Aug 19 for repairs. The pool will re-open Sep 6th.



SWIM STARTERS (PARENT CHILD)

(6 months - 3 years) • 30 minute class • Once a week.

Full Members \$55 Community Members \$100

- 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.

Saturday
A. Water Discovery 9:20-9:50am
B. Water Exploration 9:55-10:25am



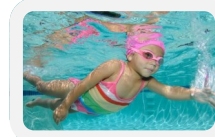
SWIM BASICS (PRESCHOOL)

(3 years - 6 years) • 30 minute class • Once a week.

Full Member: \$55 • Community Member: \$100

- 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.

Saturday
1. Water Acclimation 9:20-9:50am
2. Water Movement 10:45-11:15am
3. Water Stamina 11:30-12pm
1. Water Acclimation 10:30-11am



SWIM STROKES (YOUTH)

(6 years - 13 years) • 40 minute class • Once a week.

Full Member: \$55 • Community Member: \$100

- 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 backstroke.
- 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.

Saturday
1. Water Movement 9:55-10:35am
4. Stroke Introduction 11:20-12pm



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

FUN, SAFE SUMMER SWIMMING

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. To schedule private or semi private lessons contact Jennifer Bonnett jbonnett@concordymca.org (Scholarships do not apply to Private or Semi-Private lessons)



PRIVATE OR SEMI-PRIVATE

(3 years and up) • 30 minute class • Once a week.

Members \$150 Community Members \$220

(Scholarships do not apply to Private or Semi Private lessons)

* **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 Y does not provide a second swimmer.

Private swim lessons will be scheduled the week of June 19–23rd. To schedule contact Jennifer Bonnett jbonnett@concordymca.org.



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