



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONG SWIMMERS CONFIDENT KIDS



Stage 1 - Learn to go underwater voluntarily

Stage 2 - Learn to float on their front and back on their own

Stage 3 - Learn to swim 10 yards on their front and back. SWIMMERS SHOULD HAVE CUBES OFF BY THE END OF STAGE 3

Benchmark: Jump, swim turn, swim, grab 10 yd. Swim, float, swim 25 yd.

Stage 4 - Learn to swim 15 yards using the front and back crawl. SHOULD BE SWIMMING INDEPENDANTLY

Benchmark: Endurance any stroke or combination of strokes, 25yd.

YMCA FALL SWIM LESSONS

SATURDAY CLASSES FOR 8 WEEKS SEPT. 11th – OCT. 30th

PreSchool - 8 weeks 30 minutes	Member \$40
Ages 3-5yrs	Non-Member \$80
School Age - 8 weeks 45 minutes	Member \$56
Ages 5-12 yrs	Non-Member \$112

PreSchool	Level 1,2	9:00-9:30am
PreSchool	Level 3,4	9:30-10:00am
School Age	Level 1,2	10:00-10:45am
School Age	Level 3,4	10:45-11:30am

Tuesday CLASSES FOR 8 WEEKS SEPT. 7TH – OCT 26th

Baby Class - 8 weeks 30 minutes	Member \$40
Ages 6 mon.-2 yrs	Non-Member \$80
PreSchool - 8 weeks 30 minutes	
Ages 3-5 yrs	

PreSchool	Level 1,2	4:00-4:30pm
PreSchool	Level 3,4	4:30-5:00pm
Baby Class		5:00-5:30pm

Wednesday CLASSES FOR 8 WEEKS SEPT. 8th – OCT 27th

School Age - 8 weeks 45 minutes	Member \$56
Ages 5-12 yrs	Non-Member \$112

School Age	Level 1,2	4:00-4:45pm
School Age	Level 3,4	4:45-5:30pm
Private Lessons		5:30-7pm

REGISTRATION

Members AUG. 16th Non-Member AUG. 23rd

To learn more about this program contact YMCA of Washington County
121 E. Main St., Washington IA 52353 (319)653-6500