



# FACE UP FIRST SWIM LESSONS

SUMMER 2020

**Swimmers progress from learning to float face up to learning competitive swim strokes.**

Classes start the weeks of June 1 and July 6.	
<b>Seals</b> Emphasizes back float and propelling yourself to safety on your back. Ages 6 - 35 months. Ratio 1:1.	
<b>Seals</b> (Age 6 - 35 months) - Mornings Mon, Tues, Wed or Thurs Mornings	9:15, 9:30, 9:45
<b>Seals</b> (Age 6 - 35 months) Monday or Thursday Evenings	5:35, 5:50 6:05 (Thurs)
<b>Seahorses</b> Build on Seals skills and learn four swim strokes: Freestyle, Backstroke, Butterfly and Breast stroke. Ages 3 and up. Ratio 3:1. Classes are 30 minutes long.	
<b>Seahorses</b> (Age 3 & Older) Mon, Tues, Wed or Thurs Mornings	9:00, 9:40
<b>Seahorses</b> (3 & Older) - Evenings Monday or Thursday Evening	5:35 6:15 (Thurs)
<b>Barracudas</b> Able to complete one length of the pool freestyle and one length backstroke. Emphasis is on swimming technique. Ages 3 to 12. Ratio 6:1. Classes are 30 minutes long.	
<b>Barracudas</b> - Monday Evenings	6:15 pm
<b>Adults</b> - Monday; Classes are 30 minutes long.	7:00 pm
<p><b>4 Lessons</b>  <b>YMCA Members \$32</b>  <b>Program Members \$64</b>            If times and dates don't work for you, contact our Aquatic Director at 308.395.9622 or melanieh@giymca.org</p>	