



GROUP SWIM LESSONS

SUMMER 2020

Water Babies & Pre-School Ages 3-5

CLASS	DATES	DAYS	TIME
Water Babies	6/4 - 7/2	Thur.	6:50 pm
Water Babies	7/9 - 8/6	Thur.	6:50 pm
Level 1	6/1 - 6/11	Mon-Thur	9:00 am
Level 1	6/1 - 6/29	Monday	5:35 pm
Level 1	6/4 - 7/2	Thursday	6:15 pm
Level 1	6/15 - 6/25	Mon-Thur	9:00 am
Level 1	6/29 - 7/9	Mon-Thur	9:00 am
Level 1	7/6 - 8/3	Monday	5:35 pm
Level 1	7/9 - 8/6	Thursday	6:15 pm
Level 1	7/13 - 7/23	Mon-Thur	9:00 am
Level 1	7/27 - 8/6	Mon-Thur	9:00 am
Level 2	6/1 - 6/11	Mon-Thur	9:40 am
Level 2	6/1 - 6/29	Monday	6:15 pm
Level 2	6/4 - 7/2	Thursday	5:35 pm
Level 2	6/15 - 6/25	Mon-Thur	9:40 am
Level 2	6/29 - 7/9	Mon-Thur	9:40 am
Level 2	7/6 - 8/3	Monday	6:15 pm
Level 2	7/9 - 8/6	Thursday	5:35 pm
Level 2	7/13 - 7/23	Mon-Thur	9:40 am
Level 2	7/27 - 8/6	Mon-Thur	9:40 am
Level 3	6/1 - 6/11	Mon-Thur	9:00 am
Level 3	6/4 - 7/2	Thursday	6:15 pm
Level 3	6/15 - 6/25	Mon-Thur	9:00 am
Level 3	6/29 - 7/9	Mon-Thur	9:00 am
Level 3	7/9 - 8/6	Thursday	6:15 pm
Level 3	7/13 - 7/23	Mon-Thur	9:00 am
Level 3	7/27 - 8/6	Mon-Thur	9:00 am

Water Babies: 6 months to 3 years, water exploration and beginning swimming skills. Parents will accompany child in the pool. 10 minute lessons

Pre-School Ages 3 – 5 Uses a flotation device. 35 minute lessons

Level 1: Water exploration and adjustment. Beginning swimming on front and back.

Level 2: Combined stroke using arms and legs on front, back and side.

Level 3: Combined stroke on front, back, and side without a flotation device. Intro to treading, breaststroke and elementary backstroke.

5 Lessons **YMCA Members** **\$27**
 Program Members **\$54**

8 Lessons **YMCA Members** **\$43**
 Program Members **\$86**

Registration ends three days before the session begins.

School Age Swim Lessons Ages 6 & older

CLASS	DATES	DAYS	TIME
Level 1	6/1 - 6/11	Mon-Thur	9:40 am
Level 1	6/1 - 6/29	Monday	6:15 pm
Level 1	6/4 - 7/2	Thursday	5:35 pm
Level 1	6/15 - 6/25	Mon-Thur	9:40 am
Level 1	6/29 - 7/9	Mon-Thur	9:40 am
Level 1	7/6 - 8/3	Monday	6:15 pm
Level 1	7/9 - 8/6	Thursday	5:35 pm
Level 1	7/13 - 7/23	Mon-Thur	9:40 am
Level 1	7/27 - 8/6	Mon-Thur	9:40 am
Level 2	6/1 - 6/11	Mon-Thur	9:00 am
Level 2	6/1 - 6/29	Monday	5:35 pm
Level 2	6/4 - 7/2	Thursday	6:15 pm
Level 2	6/15 - 6/25	Mon-Thur	9:00 am
Level 2	6/29 - 7/9	Mon-Thur	9:00 am
Level 2	7/6 - 8/3	Monday	5:35 pm
Level 2	7/9 - 8/6	Thursday	6:15 pm
Level 2	7/13 - 7/23	Mon-Thur	9:00 am
Level 2	7/27 - 8/6	Mon-Thur	9:00 am
Level 3	6/1 - 6/11	Mon-Thur	9:40 am
Level 3	6/4 - 7/2	Thursday	6:55 pm
Level 3	6/15 - 6/25	Mon-Thur	9:40 am
Level 3	6/29 - 7/9	Mon-Thur	9:40 am
Level 3	7/9 - 8/6	Thursday	6:55 pm
Level 3	7/13 - 7/23	Mon-Thur	9:40 am
Level 3	7/27 - 8/6	Mon-Thur	9:40 am
Level 4	6/1 - 6/11	Mon-Thur	9:40 am
Level 4	6/4 - 7/2	Thursday	6:55 pm
Level 4	6/15 - 6/25	Mon-Thur	9:40 am
Level 4	6/29 - 7/9	Mon-Thur	9:40 am
Level 4	7/9 - 8/6	Monday	6:55 pm
Level 4	7/13 - 7/23	Mon-Thur	9:40 am
Level 4	7/27 - 8/6	Mon-Thur	9:40 am

Ages 6 & Older 35 minute lessons

Level 1: Beginning swimming on front and back. Intro to crawl stroke and backstroke. Swim-Float-Swim.

Level 2: Stroke Development. For kids who can swim crawl stroke and backstroke 20 feet.

Level 3: Stroke improvement. Intro to breaststroke, elementary backstroke, sidestroke and butterfly.

Level 4: Stroke refinement. Build endurance through swimming laps and learn how to make swimming a lifetime activity.

YMCA OF GRAND ISLAND
 221 E South Front - Grand Island, Nebraska 68801
 308 395 9622 gymca.org