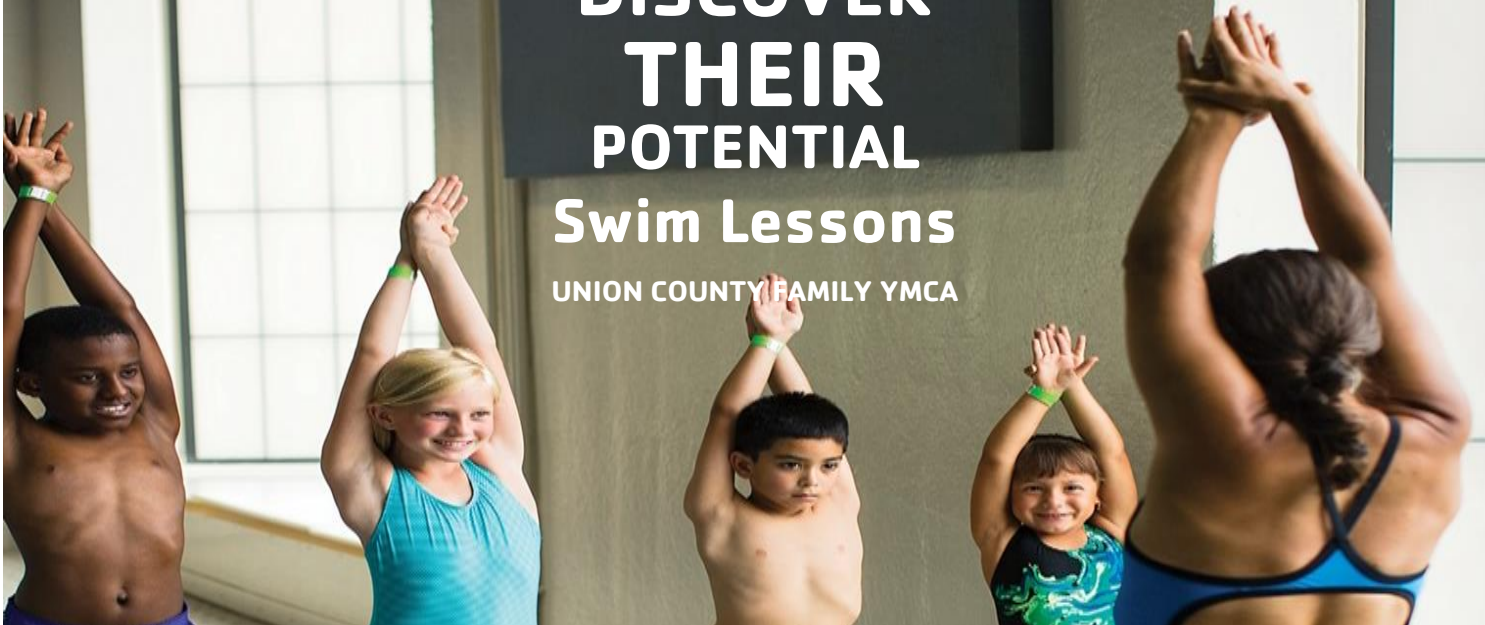




DISCOVER THEIR POTENTIAL

Swim Lessons

UNION COUNTY FAMILY YMCA



UPCOMING SESSIONS

FALL: SEP/OCT 9/3 - 10/26

HOLIDAY: 6 weeks NOV/DEC 10/28 - 12/14 (off 11/25-11/30)

WINTER: JAN/FEB 1/6 - 2/29

SPRING: MAR/APR 3/2 - 5/2 (off 3/23 - 3/28)

All classes are held once a week. A total of eight-30 minute lessons

YMCA MEMBERS \$48

NON MEMBERS \$88

MONDAY OR THURSDAY

LTS 1	5:30pm
PSA 1/2	6:00pm
Parent/Child	6:30pm
LTS 2	7:00pm
LTS 3	7:30pm

TUESDAY OR WEDNESDAY

LTS 3	5:30pm
PSA 1	6:00pm
PSA 2	6:30pm
LTS 1	7:00pm
LTS 2	7:30pm
ADULT	8:00pm (WED ONLY)

SATURDAY

LTS 3	9:00am
LTS 2	9:30am
LTS 1	10:00am
PSA 2	10:30am
PSA 1	11:00am
Parent/Child	11:30am

REGISTER

ONLINE: www.unioncountyyymca.org, click "Register Now", "Program Search"

CALL: 937.303.9285

EMAIL: tzimmerman@unioncountyyymca.org

IN PERSON: At Welcome Desk

Union County Family YMCA
1150 Charles Lane
Marysville, Ohio 43040
937-303-9285
www.unioncountyyymca.org



SWIM LESSON DESCRIPTIONS

PARENT/CHILD

Age 6–18 months

Parent and child perform activities based on the developmental abilities of the child. This play-date in the water allows children to explore the water in a fun and social way. The class is taught through songs and games to develop a trust and enjoyment of water. In-water parent participation is required.

PARENT/CHILD 2

Age 18–36 months

Participants should complete Parent-Child 1 to become familiar with surroundings, instructor, other students, but P-C 1 is not mandatory. Through song and movements over an 8 week time frame, participants will be introduced to: Bobbing, wall walking, underwater exploration, arm and leg action on front and back, jump into water, and head under water. In-water parent participation is required. Goggles are helpful but not necessary.

PRESCHOOL SWIMMERS

AGES 3–5

PSA 1 Beginner

Children in this class will be supported by an instructor. They'll learn to:

- put their face in the water
- enter pool using ramp or steps
- blow bubbles for 3 seconds
- exit water
- Front glide 2 body lengths, then roll to back float and hold 3 seconds.

PSA 2 Beginner Intermediate

For children who PASSED PSA 1, they'll learn:

- submerging head in water 5 times
- Front glide 2 body lengths, roll to back and float 15 seconds.
- Glide on back 2 body lengths and roll to front
- Front swim 3 body lengths, roll to 15-sec back float and continue front swim 3 body lengths

YOUTH SWIMMERS

AGE 6 or OLDER

LTS 1 Beginner

For children who have little swimming experience. Child will learn how to:

- travel 5 yards or more
- bob 5 times and exit pool independently
- Front glide 2 body lengths, roll to back float and hold 5 seconds.

This class may need to be repeated several times.

LTS 2 Beginner Intermediate

For children who PASSED LTS 1 and/or PSA 2

who are able to fully submerge their head 10 times. They'll learn how to:

- Tread or float 15 second
- swim 5 body lengths & exit pool without support
- Front glide 5 body lengths, then roll to back float and hold 15 seconds

LTS 3 Intermediate

For swimmers who PASSED LTS 2; they'll learn:

- Jump into deep water and recover
- tread or float 1 minute
- make full body turn, orient to exit point
- swim front crawl or elementary back stroke 25 yards, then exit pool.
- Push off in streamline, forward swim 15 yards, change position and direction
- swim elementary backstroke 15 yards, exit pool

LTS 4 & Above Advanced

Recommended for UCY Hurricanes Non-Competitive Swim Team or UCY Hurricanes Swim Team

ADULT Beginner

For adults (18yrs or older) to help encourage and develop swimming skills.

PRIVATE LESSONS

A YMCA instructor will work one-on-one with your child to teach the skills they need for a lifetime of aquatic safety and fun. This is a great way to give your child the individual attention they need.

Private Lesson Package Options

- Five 45-minute lessons, ages 10+
- Seven 30-minute lessons, ages 9 and younger

Cost/package	Members	Non-Members
Single child	\$125	\$200
2 Family Members	\$175	\$250
3 Family Members	\$250	\$325