



# AQUATICS Dartmouth YMCA

SUMMER 2019

Summer A: June 24 - July 21  
Summer B: July 22 - August 18  
Summer C: June 24 - August 18

**M = Member**  
**PP= Program Participant**

Pay for one group swim class at regular price and receive a second group swim class for the same person at another time during this session for **50% OFF!**

	PROGRAM	AGES	RATES	LENGTH	MON & WED	TUES & THUR	SESSION A
PRESCHOOL	Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	4:00 PM		
	Stage 2 - Water Exploration	3-5yrs	M: \$50 PP: \$96	30 min	4:00 PM		
YOUTH	Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	5:00 PM		
	Stage 2 - Water Movement	6+	M: \$58 PP: \$112	45 min	5:00 PM		
	Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min	4:30 PM	4:45 PM	
	Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min		4:00 PM	
	Stage 5 & 6 - Stroke Development Stroke Mechanics	6+	M: \$58 PP: \$112	45 min		4:00 PM	

	PROGRAM	AGES	RATES	LENGTH	MON & WED	TUES & THUR	SESSION B
PRESCHOOL	Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	4:00 PM		
	Stage 2 - Water Exploration	3-5yrs	M: \$50 PP: \$96	30 min	4:00 PM		
YOUTH	Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	5:00 PM		
	Stage 2 - Water Movement	6+	M: \$58 PP: \$112	45 min	5:00 PM		
	Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min		4:45 PM	
	Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min		4:00 PM	
	Stage 5 & 6 - Stroke Development Stroke Mechanics	6+	M: \$58 PP: \$112	45 min		4:00 PM	



## PRIVATE & SEMI-PRIVATE LESSONS

Thirty minute one-on-one lessons with an instructor available upon request.  
Please call 508.993.3361 to set up a time.

### PRIVATE PER CLASS

M: \$30 | PP: \$50

Sold in books of 5

(5 lessons for the price of 4)

M: \$120 | PP: \$200

### SEMI PRIVATE PER CLASS

Up to 3 students per instructor

M: \$45 | PP: \$70

Sold in books of 5

(5 lessons for the price of 4)

M: \$180 | PP: \$280

	PROGRAM	AGES	RATES	LENGTH	SATURDAY	SESSION C
PRESCHOOL	Stage A Water Discovery	6 Mo - 3 Years	M: 50 PP: \$96	30 min	10:00 AM	
	Stage B Water Exploration	6 Mo - 3 Years	M: 50 PP: \$96	30 min	10:00 AM	
	Stage C Water Exploration	6 Mo - 3 Years	M: 50 PP: \$96	30 min	10:00 AM	
YOUTH	Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	9:00 AM 9:30AM	
	Stage 2 - Water Exploration	3-5yrs	M: \$50 PP: \$96	30 min	9:00 AM 9:30AM	
	Stage 3 - Water Exploration	3-5yrs	M: \$50 PP: \$96	30 min	9:30 AM	
	Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	11:00 AM	
	Stage 2 - Water Movement	6+	M: \$58 PP: \$112	45 min	11:00 AM	
	Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min	10:00 AM	
	Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min	11:00 AM	
Stage 5 & 6 - Stroke Development Stroke Mechanics	6+	M: \$58 PP: \$112	45 min	9:00 AM		



# SWIM LESSON LEVELS



## Dartmouth YMCA

Summer Session • June 24 – August 18, 2019

### STAGE A — WATER DISCOVERY

Your infant or toddler will be introduced to the aquatic environment.

This is an introduction to water class.

**\* FOR AGES 6 MONTHS - 3 YEARS \***

**\* PARENT/CHILD CLASS \***

### STAGE B — WATER EXPLORATION

Your child will now begin to explore body positions in the water, blowing bubbles, and begin to learn fundamental safety and aquatic skills.

**FOR AGES 6 MONTHS - 3 YEARS \***

**\* PARENT/CHILD CLASS \***

### STAGE 1 — WATER ACCLIMATION

Your child will learn to be comfortable with underwater exploration and will be taught basic water safety skills performed with assistance from the instructor.

**PRESCHOOL 3-5 • 30 MINUTES CLASS**

**YOUTH 6+ • 45 MINUTE CLASS**

### STAGE 2 — WATER MOVEMENT

Your child will learn how to make forward movement in the water and continue to master water safety skills independently.

**PRESCHOOL 3-5 • 30 MINUTE CLASS**

**YOUTH 6+ • 45 MINUTE CLASS**

### STAGE 3 — WATER STAMINA

Your child will continue to master their self-rescue and water safety skills independently.

They will be able to perform these skills for longer distances, improving their endurance.

**PRESCHOOL 3-5 • 30 MINUTE CLASS**

**YOUTH 6+ • 45 MINUTE CLASS**

### STAGE 4 — STROKE INTRODUCTION

Your child will be introduced to basic stroke technique in front crawl and back crawl. They will also reinforce their water safety skills by learning treading water and elementary backstroke.

**PRESCHOOL 3-5 • 30 MINUTES**

**YOUTH 6+ • 45 MINUTES**

**\* THIS IS THE HIGHEST STAGE FOR PRESCHOOL AGE \***

### STAGE 5 — STROKE DEVELOPMENT

Your child will be introduced to breast stroke and butterfly, as well as reviewing and continuing to master front crawl and back crawl. They will reinforce their water safety skills by learning sidestroke and continuing to practice treading water.

**\* THIS IS A 45 MINUTE CLASS ONLY \***

### STAGE 6 — STROKE MECHANICS

Your child will refine their stroke technique on all major competitive strokes and will be encouraged to include swimming as a part of a healthy lifestyle.

**\* THIS IS A 45 MINUTE CLASS ONLY \***

