



AQUATICS Waukesha YMCA

SUMMER SESSION | June 10 - August 18, 2019



CATEGORY	CLASS NAME	AGES	RATIOS	FEES M/PP	CLASS LENGTH	MON	TUES	WED	THURS	FRI	SAT
PARENT & CHILD	Stage A	6 - 36 mo	1:12	\$55/\$110	30 min	5:40 PM				9:30 AM	8:35 AM
	Stage B	1 - 3	1:12	\$55/\$110	30 min	6:15 PM		5:05 PM		10:05 AM	8:00 AM 9:10 AM
	Preschool Stage 1 (With Parent)	3 - 4	1:5	\$55/\$110	30 min	6:50 PM		5:40 PM		10:40 AM	9:45 AM
PRESCHOOL	Stage 1	3 - 5	1:5	\$55/\$110	30 min	5:05 PM 5:40 PM	6:50 PM	4:30 PM 5:05 PM	6:15 PM*		10:20 AM 10:55 AM
	Stage 2	3 - 5	1:5	\$55/\$110	30 min	4:30 PM 5:05 PM 6:15 PM	4:30 PM 6:15 PM	4:30 PM 5:40 PM	4:30 PM*		9:10 AM 10:55 AM
	Stage 3	3 - 5	1:5	\$55/\$110	30 min	4:30 PM 6:50 PM	4:30 PM 6:15 PM	6:15 PM	4:30 PM*		9:45 AM 11:30 AM
	Stage 4	3 - 5	1:5	\$55/\$110	30 min		6:50 PM	6:50 PM			11:30 AM
SCHOOL AGE	Stage 1	6 - 12	1:5	\$55/\$110	30 min	5:40 PM 6:15 PM		6:50 PM	5:40 PM*		10:55 AM
	Stage 2	6 - 12	1:5	\$55/\$110	30 min	5:05 PM 5:40 PM	5:05 PM	5:40 PM 6:15 PM	5:05 PM*		9:10 AM
	Stage 3	6 - 12	1:6	\$55/\$110	30 min	6:15 PM 6:50 PM	5:05 PM	5:05 PM 5:40 PM	5:40 PM*		9:45 AM
	Stage 4	6 - 12	1:6	\$55/\$110	30 min	4:30 PM 5:05 PM	5:40 PM	4:30 PM 6:15 PM	5:05 PM*		9:45 AM 10:20 AM
	Stage 5	6 - 12	1:6	\$55/\$110	30 min	4:30 PM	5:40 PM	4:30 PM 5:05 PM	6:15 PM		9:10 AM 10:20 AM
	Stage 6	6 - 12	1:7	\$55/\$110	30 min	6:50 PM		6:50 PM			
SPECIALTY	Fit Swim	8 - 16	1:10	\$110/\$220	65 min				5:05 PM* 6:15 PM* 7:25 PM*		
	Youth Beginner Adaptive	6 - 15	1:3	\$70/\$110	30 min			6:50 PM			
	Youth Intermediate Adaptive	6 - 15	1:3	\$70/\$110	30 min			6:15 PM			
ADULT LESSONS	Adult Beginner Swim	16+	1:6	\$60/\$100	45 min						8:15 AM

CLASSES MEET ONCE A WEEK FOR 10 WEEKS | M: Members PP: Program Participants

Updated: 4/8/19

FIVE-WEEK SWIM LESSONS					
MEETS 2 TIMES PER WEEK ON MON & WED					
Summer 1: June 10 - July 10 Summer 2: July 15 - August 14					
CLASS NAME	AGES	RATIOS	FEE M/PP	CLASS LENGTH	TIME
Preschool Stage 1	3 - 5	1:5	\$55/\$110	30 min	9:30 AM 10:40 AM
Preschool Stage 2	3 - 5	1:5	\$55/\$110	30 min	10:05 AM
School Age Stage 2	6 - 11	1:5	\$55/\$110	30 min	9:30 AM
School Age Stage 3	6 - 11	1:6	\$55/\$110	30 min	10:05 AM
School Age Stage 4	6 - 11	1:6	\$55/\$110	30 min	10:40 AM

FIVE-WEEK SWIM LESSONS					
MEETS 2 TIMES PER WEEK ON TUES & THURS					
Summer 1: June 11 - July 11* Summer 2: July 16 - August 15					
CLASS NAME	AGES	RATIOS	FEE M/PP	CLASS LENGTH	TIME
Preschool Stage 1	3 - 5	1:5	\$55/\$110	30 min	10:05 AM
Preschool Stage 2	3 - 5	1:5	\$55/\$110	30 min	9:30 AM
Preschool Stage 3	3 - 5	1:5	\$55/\$110	30 min	10:40 AM
School Age Stage 2	6 - 11	1:5	\$55/\$110	30 min	10:40 AM
School Age Stage 3	6 - 11	1:6	\$55/\$110	30 min	10:05 AM
School Age Stage 5	6 - 11	1:6	\$55/\$110	30 min	9:30 AM

DAY CAMP SWIM LESSONS					
CLASSES MEET 4 TIMES PER WEEK ON MONDAY-THURSDAY FOR ONE WEEK					
AGES					
RATIOS					
FEES M/PP					
CLASS LENGTH					
DAYS & TIMES					
Camp Week 1: June 10 - June 13 Camp Week 2: June 17 - June 20 Camp Week 3: June 24 - June 27					
Camp Week 5: July 8 - July 11 Camp Week 6: July 15 - July 18 Camp Week 7: July 22 - July 25					
Camp Week 8: July 29 - August 1 Camp Week 9: August 5 - August 8 Camp Week 10: August 12 - August 15					
5 - 13	1:5	\$22/\$44	30 min	Mon-Thurs 3:55 PM	

SUMMER REGISTRATION OPENS: Monday, May 13, 2019 for Members and Monday, May 20, 2019 for Program Participants

* The Y will be closed on Thursday, July 4 for Independence Day. All Thursday programs will be prorated.

Program availability is subject to change based on enrollment. Please visit "Find a Program" on GWCYMCA.ORG for the most updated offerings.



AQUATICS DESCRIPTIONS

PARENT & CHILD SWIM STAGE A

Water Discovery: Introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Ages 6 months to 3 years.

PARENT & CHILD SWIM STAGE B

Water Exploration: Children entering this level should be comfortable in the water, able to respond to verbal cues and jump on land. Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Ages 1 to 3 years.

PRESCHOOL STAGE 1 W/PARENT

Water Acclimation: For the child not quite ready to swim without the parent. Transition between parent and instructor throughout first half of session. Focus is on learning to listen to an instructor, becoming comfortable in the water, and safely exploring movement in the water. Ages 3-4 years.

PRESCHOOL SWIM STAGE 1

Water Acclimation: Children entering this level should be comfortable working with an instructor without a parent in the water. Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. Ages 3-5 years.

PRESCHOOL SWIM STAGE 2

Water Movement: Children entering this level should be able to go underwater voluntarily. Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit if they would fall into a body of water. Ages 3-5 years.

PRESCHOOL SWIM STAGE 3

Water Stamina: Children entering this level should be able to front and back float independently. Students learn to swim to safety from a longer distance. They are introduced to rhythmic breathing and integrated arm and leg action. Ages 3-5 years.

PRESCHOOL SWIM STAGE 4

Stroke Introduction: Children entering this level should be able to swim 10-15 yards on their front and back independently. Students develop stroke technique in front and back crawl and learn the breaststroke kick and butterfly kick. Treading is also introduced. Ages 3-5 years.

SCHOOL AGE SWIM STAGE 1

Water Acclimation: Children entering this level should be comfortable working with an instructor without a parent in the water. Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. Ages 6-12 years.

SCHOOL AGE SWIM STAGE 2

Water Movement: Children entering this level should be able to go underwater voluntarily. Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit if they would fall into a body of water. Ages 6-12 years.

SCHOOL AGE SWIM STAGE 3

Water Stamina: Children entering this level should be able to front and back float independently. Students learn to swim to safety from a longer distance. They are introduced to rhythmic breathing and integrated arm and leg action. Ages 6-12 years.

SCHOOL AGE SWIM STAGE 4

Stroke Introduction: Children entering this level should be able to swim 15 yards on their front and back independently. Students develop stroke technique in front and back crawl and learn the breaststroke kick and butterfly kick. Treading is also introduced. Ages 6-12 years.

SCHOOL AGE SWIM STAGE 5

Stroke Development: Children entering this level should be able to swim 15 yards of front and back crawl. Students work on stroke technique and learn all major competitive strokes. Emphasis on water safety continues through treading water and sidestroke. Ages 6-12 years.

SCHOOL AGE SWIM STAGE 6

Stroke Mechanics: Children entering this level should be able to swim 25 yards of front crawl, back crawl and breaststroke. Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Ages 6-12 years.

ADULT BEGINNER SWIM LESSONS

Individuals choosing this level may have a fear of the water, have very little to no swimming skills, and are ready to take the first step toward learning to swim. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills. Ages 16 and older.

FIT SWIM

To enroll in this level, participants must have completed Stage 6 or have the equivalent swim skills. Participants must be able to swim 50 yards of freestyle, backstroke, and breaststroke as well as attempt 25 yards of butterfly in order to enroll in this class. This class builds on the foundations developed in our YMCA core swimming lessons. Participants will learn how to build a swimming workout as well as gain endurance and strength in their swim strokes. This class prepares participants for the next level of swimming. Ages 8-16 years.

YOUTH BEGINNER & INTERMEDIATE ADAPTIVE SWIM LESSONS

This class is designed for children with special needs. Develop individual coordination, physical fitness, basic swimming skills, and safety. Must be able to function in a small group setting. Staff to child ratio 1:3. Ages vary by specific branch and offering. Ages 6-15 years.