STRONG SWIMMERS
CONFIDENT KIDS

FISHERS YMCA GROUP SWIM LESSONS

Lessons are progressive for continued achievement. Our Y certified staff will help you select the correct starting point.

Can they respond to verbal cues and jump on land?
Are they comfortable working with an instructor without a parent in the water?
Will they go under water voluntarily?
Can they do a front and back float on their own?
Can they swim 10-15 yards on their front and back?
Can they swim front crawl, back crawl, and breaststroke across the pool?
Can they swim front crawl, back crawl, and breaststroke across the pool and back?

YES
YES
YES
YES
YES
YES
YES

SWIM STARTERS
Infants & Toddlers

SWIM BASICS
Beginners Ages 3-12, Teen & Adult

SWIM STROKES
Intermediate/Advanced Ages 3-12, Teen & Adult

A Water Discovery
B Water Exploration
1 Water Acclimation
2 Water Movement
3 Water Stamina
4 Stroke Introduction
5 Stroke Development
6 Stroke Mechanics

STAGE A
Sat 10:35am
Thu 12pm

STAGE B
Fri 11:20am
Mon 10:40am
Mon 6pm

PRESCHOOL STAGE 1
Mon 10:10am
Mon 4pm
Mon 5:20pm
Tue 5:10pm
Wed 4pm
Wed 5:20pm
Thu 10:40am
Thu 11:20am
Thu 4:30pm
Fri 5:10pm
Sat 9:15am
Sun 3:50pm

PRESCHOOL STAGE 2
Mon 10am
Mon 4:40pm
Tue 5:50pm
Wed 4:40pm
Thu 10am
Thu 10:50am
Thu 11:30am
Fri 5:50pm
Fri 10:40am
Sat 9:55am
Sun 5:10pm

PRESCHOOL STAGE 3-4
Mon 10:50am
Mon 4:40pm
Tue 10:10am
Thu 5:40pm
Sun 4:30pm

YOUTH STAGE 3
Mon 5:10pm
Tue 4:50pm
Wed 5:10pm
Thu 5:40pm
Sat 9:55am

YOUTH STAGE 4
Mon 5:10pm
Tue 4:50pm
Wed 5:10pm
Thu 5:40pm
Sat 9:50am

TEEN ADULT STAGE 3-4
Sat 7am

TEEN ADULT STAGE 5-6
Sat 7am

NOT SURE WHICH STAGE?
If you are unsure of your child’s swim level, or would like to meet a swim lesson coordinator and take a tour of the facility, visit the Y for a free swim assessment:
Wed 5:30-6pm
Sat 11-11:30am

Simply check in at the Aquatics Office near the Program Pool

Register Online
CLICK ON THE LINK FOR EACH STAGE
or sign up at Member Services

$45 Y Members
$68 All Others
Monthly rate for one lesson/week; program drafts on the 1st of each month.
At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids.

LEARN AT THEIR OWN PACE — Our trained program staff tailor lessons to meet the current skills of each student, allowing your child to continually progress though swim levels as soon as they are ready. Year-round lessons allow participants to learn at their own pace, moving from stage to stage as they develop new skills.

CONVENIENCE FOR YOU — No need to reenroll for the next session; registration is on-going. New students will begin attending class the first week of the month. Class payments are drafted on the 1st of the month and may be cancelled at anytime prior to the 25th for the next month.

MOTIVATION FOR YOUR CHILD — Our new program include tools to make swimming fun!
- Upon registration, each participant will receive either a YMCA rubber duck (ideal for those under 3), or a new Y Swim T (while sizes last).
- After two completed sessions, each swimmer earns a medal.
- As participants progress through each level, they will receive a sticker to add to their medal.
- When your exceptional swimmer completes all six levels of progression, they will receive a YMCA trophy!

**LESSON TIPS AND INFORMATION**

YOUR HEALTH & WELLNESS IS OUR TOP PRIORITY — Curriculum has been adjusted to increase distance between instructors (who will be wearing face shields) and participants. We have staggered class times and modified viewing areas physical distancing. Please bring your own swim towel.

PARENT OBSERVATION – Children under age 14 must have only one parent or guardian on the pool deck at all times. Please stay on the benches along the walls during lessons so participants are not distracted during class.

RESTROOM – Make sure your child uses the restroom prior to class. Children must be accompanied by an adult and use the appropriate locker room.

FIRST DAY OF CLASS – Please allow 6’ between families. Staff will greet you and take your child to their class. The Aquatics Coordinator will be able to answer any questions you may have throughout the session.

ARRIVE ON TIME – It is important for students to be on deck and ready to go five minutes before their class starts.

REMINDER – No two children progress at the same rate. Each child learns at a different pace depending on factors such as physical growth, comfort, practice, and previous experience.

**Y SWIM LESSON POLICIES**

- Registration is on-going; new students will begin attending class the first week of the month.
- Class payments are drafted on the 1st of the month and may be cancelled at anytime prior to the 25th for the next month.
- Refunds will not be made for sessions or classes not attended.
- A minimum number of students (3) must be registered for each class by the start of the first class in order to run. Low enrollment will result in cancellation of that session.
- Make-up classes are provided ONLY if the YMCA cancels a class.
- Classes will run as long as the YMCA is open. Check INDYMCA.org/Fishers for weather cancellations.

**MORE OPTIONS:**

**PRIVATE**
- (4) 30 minute: $166 / Y Member $82
- (4) 60 minute: $307 / Y Member $153
- (8) 30 minute: $311 / Y Member $156
- (8) 60 minute: $577 / Y Member $289

**SEMI-PRIVATE**
- (8) 30 minute: $263 / Y Member $131

Would you like more information about private swim before you register? Complete this Request Form to match up a swim instructor with your preferred dates and times.

Register for private swim lessons and receive a YMCA sling bag (supplies are limited)

**AQUATICS TEAM**

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