

Group Swim Lesson Schedules



Summer 2018 Session:

June 11 - August 16

Variety of Lessons:

Prices vary per class type. Please review class schedules for both locations

Lesson Questions at YWCA Midtown or Uptown?

Midtown: Call 612-215-4342 or email swimlessons@ywcamppls.org

Uptown: Call 612-215-4224 or email dcameron@ywcamppls.org

Registration Opens Online:

- Members: Monday, May 14, 12:01 am
- Nonmembers: Monday, May 21, 12:01 am

Visit ywcamppls.org/swim for online registration. **Register online for 10% off**

*Discount applies to online registration only.

Members can also register on the "MY YWCA" app

Download the app through the Apple Store or Google Play Store™

Registration Opens In-Person or By Phone:

- Monday, May 21, 8:00 am
- Stop by the Member Services Desk at your preferred location
Midtown: 612-215-4333; Uptown: 612-874-7131
Please have the class information (code) and a credit card ready.

Group Swim Lesson Schedules

MIDTOWN WEEKDAY LESSONS - Two week camp-style classes

Class meets Monday - Thursday for 2 weeks (8 classes)

Cost: Members \$62 Nonmembers \$110

MORNING SESSIONS					
Time	Class	A June 18 - 28	G July 9 - July 19	J July 23 - Aug. 2	M Aug. 6 - Aug. 16
9:30 - 10:10 am	Level 3	A-L3	G-L3	J-L3	M-L3
9:30 - 10:10 am	Level 4	A-L4	G-L4	J-L4	M-L4
9:40 - 10:10 am	Preschool 2	A-P2	G-P2	J-P2	M-P2
9:40 - 10:10 am	Preschool 3	A-P3	G-P3	J-P3	M-P3
9:40 - 10:10 am	Level 1	A-L1	G-L1	J-L1	M-L1
9:40 - 10:10 am	Level 2	A-L2	G-L2	J-L2	M-L2

MIDTOWN TUESDAY & THURSDAY LESSONS

Class meets Tuesdays and Thursdays (8 classes)

No class July 3 or July 5

Cost: Members \$62 Nonmembers \$110

MORNING SESSIONS			
Time	Class	*B June 19 - July 19	K July 24 - Aug. 16
11:20 - 11:50 am	Preschool 1	B-P1	K-P1
11:20 - 11:50 am	Preschool 2	B-P2	K-P2
11:20 - 11:50 am	Preschool 3	B-P3	K-P3
11:20 - 11:50 am	Level 1	B-L1	K-L1
11:20 - 11:50 am	Level 2	B-L2	K-L2

EVENING SESSIONS			
Time	Class	*C June 19 - July 19	L July 24 - Aug. 16
5:00 - 5:30 pm	Preschool 1	C-P1	L-P1
5:00 - 5:30 pm	Preschool 2	C-P21	L-P21
5:00 - 5:30 pm	Preschool 3	C-P31	L-P31
5:35 - 6:05 pm	Preschool 2	C-P22	L-P22
5:35 - 6:05 pm	Preschool 3	C-P32	L-P32
5:30 - 6:00 pm	Level 1	C-L1	L-L1
5:30 - 6:00 pm	Level 2	C-L2	L-L2
5:30 - 6:10 pm	Level 3	C-L3	L-L3
6:15 - 6:55 pm	Level 4	C-L4	L-L4
6:15 - 6:55 pm	Level 5/6	C-L5	L-L5

Group Swim Lesson Schedules

MIDTOWN SATURDAY LESSONS

Class meets once per week for 4 weeks

Cost: Members \$32 Nonmembers \$55

MORNING SESSIONS			
Time	Class	*F June 23 - July 14	H July 21 - Aug. 11
8:20 - 9:00 am	Level 4	F-L41	H-L41
8:20 - 9:00 am	Level 5/6	F-L51	H-L51
9:05 - 9:45 am	Level 3	F-L31	H-L31
9:05 - 9:45 am	Level 4	F-L42	H-L42
9:15 - 9:45 am	Preschool 2	F-P21	H-P21
9:15 - 9:45 am	Preschool 3	F-P31	H-P31
9:50 - 10:20 am	Parent/Child	F-PC1	H-PC1
9:50 - 10:20 am	Preschool 1	F-P11	H-P11
9:50 - 10:20 am	Preschool 2	F-P22	H-P22
9:50 - 10:20 am	Preschool 3	F-P32	H-P32
10:25 - 10:55 am	Parent/Child	F-PC2	H-PC2
10:25 - 10:55 am	Preschool 1	F-P12	H-P12
10:25 - 10:55 am	Preschool 2	F-P23	H-P23
10:25 - 10:55 am	Preschool 3	F-P33	H-P33
11:00 - 11:30 am	Level 1	F-L11	H-L11
11:00 - 11:30 am	Level 2	F-L21	H-L21
11:00 - 11:40 am	Level 3	F-L32	H-L32
11:00 - 11:40 am	Level 4	F-L43	H-L43

MIDTOWN TUESDAY LESSONS

Class meets once per week for 8 classes

No class July 3

Cost: Members \$62 Nonmembers \$110

Time	Class	*D June 19 - Aug. 14
6:15 - 6:55 pm	Adult Beginner	D-AB

MIDTOWN THURSDAY LESSONS

Class meets once per week for 8 classes

No class July 5

Cost: Members \$62 Nonmembers \$110

Time	Class	*E June 21 - Aug. 16
6:15 - 6:45 pm	Parent/Child	E-PC

Group Swim Lesson Schedules

UPTOWN WEEKDAY LESSONS

Class meets Monday - Thursday for 2 weeks (8 classes)
 June 11 - June 21
 Cost: Members \$62 Nonmembers \$110

EVENING SESSIONS		
Time	Class	Code
3:00 - 3:30 pm	Preschool 1	UP181
3:00 - 3:30 pm	Preschool 2	UP281
3:35 - 4:05 pm	Level 2	UL281
3:35 - 4:05 pm	Preschool 3	UP381
4:10 - 4:50 pm	Level 4/5	UL4/581
4:10 - 4:50 pm	Level 3	UL381
6:35 - 7:05 pm	Level 1	UL181E
7:10 - 7:40 pm	Level 2	UL281E
6:35 - 7:30 pm	Adult Beginner	UAB81

UPTOWN WEEKDAY LESSONS

Class meets Monday - Thursday for 2 weeks (8 classes)
 July 16 - July 26
 Cost: Members \$62 Nonmembers \$110

EVENING SESSIONS		
Time	Class	Code
3:00 - 3:30 pm	Preschool 2	UP282
3:00 - 3:30 pm	Level 1	UL182
3:35 - 4:05 pm	Level 2	UL282
3:35 - 4:05 pm	Preschool 3	UP382
4:10 - 4:50 pm	Level 4/5	UL4/582
4:10 - 4:50 pm	Level 3	UL382
6:35 - 7:05 pm	Level 2	UL282E
7:10 - 7:50 pm	Level 3	UL382E
6:35 - 7:30 pm	Adult Beginner	UAB82

UPTOWN WEEKDAY LESSONS

Class meets Monday - Thursday for 2 weeks (8 classes)
 July 30 - August 9
 Cost: Members \$62 Nonmembers \$110

EVENING SESSIONS		
Time	Class	Code
3:00 - 3:30 pm	Preschool 1/2	UP283
3:00 - 3:30 pm	Level 1	UL183
3:35 - 4:05 pm	Level 2	UL283
3:35 - 4:05 pm	Preschool 3	UP383
4:10 - 4:50 pm	Level 4/5	UL4/583
4:10 - 4:50 pm	Level 3	UL383
6:35 - 7:05 pm	Level 2	UL283E
7:10 - 7:50 pm	Level 3	UL383E
6:35 - 7:30 pm	Adult Intermediate	UAB83

UPTOWN SATURDAY LESSONS

Class meets Saturday for 7 weeks (7 classes)
 June 16 - July 28
 Cost: Members \$54 Nonmembers \$95

SATURDAY SESSIONS		
Time	Class	Code
10:00 - 10:30 am	Preschool 1	UP161
10:00 - 10:30 am	Preschool 2	UP261
10:35 - 11:05 am	Level 1	UL162
10:35 - 11:05 am	Level 2	UL261
11:10 - 11:50 am	Level 3	UL362
11:55 am - 12:25 pm	Preschool 3	UP361

UPTOWN TRI SWIM PREP

Class meets Tuesday for 7 weeks (7 classes)
 June 12 - July 24
 Cost: Members \$96 Nonmembers \$116

TRI SWIM PREP SESSIONS		
Time	Class	Code
7:30 - 8:30 pm	Tri Swim Prep	TRISWIM

Group Swim Lesson Schedules

UPTOWN SWIM TEAM ROOKIE CAMP

Class meets Monday - Thursday for 1 week (4 classes)

June 11 - August 9

Cost: Members \$75 Nonmembers \$95

SWIM TEAM ROOKIE CAMP SESSIONS

Time	Class	Code	Dates
2:30 - 4:30 pm	Swim Team Rookie Camp	STRC-S1	June 11-14
2:30 - 4:30 pm	Swim Team Rookie Camp	STRC-S2	July 23-26
2:30 - 4:30 pm	Swim Team Rookie Camp	STRC-S3	July 30 - Aug. 2
2:30 - 4:30 pm	Swim Team Rookie Camp	STRC-S4	Aug. 6-9

UPTOWN INTRO TO SWIM TEAM

Class meets Monday - Thursday for 2 weeks (8 classes)

June 11 - August 9

Cost: Members \$74 Nonmembers \$114

INTRO TO SWIM TEAM SESSIONS

Time	Class	Code	Dates
6:35 - 7:30 pm	Intro to Swim Team	UIN81	June 11-21
6:35 - 7:30 pm	Intro to Swim Team	UIN82	July 16-26
6:35 - 7:30 pm	Intro to Swim Team	UIN83	July 30 - Aug. 9

SWIM CLASS DESCRIPTIONS AND LEVEL PLACEMENT

NOTE: Classes may be combined with similar level classes.

Participants will still be taught at an appropriate skill level based on their ability and readiness.

Parent and Child: Swimmer Age: 6 months - 36 months	
Parent/Child Level 1:	Familiarize children with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water. Prerequisites: child must be at least 6 months old. Parent/guardian must accompany child to each class.
Parent/Child Level 2:	Improve skills learned in PC Lv1, teach more advanced skills and build on water safety knowledge. Prerequisites: child must be at least 6 months old. Parent/guardian must accompany child to each class.

Beginner Swimming: Swimmer Age: 3-12 years		
3-5 years	6-12 years	Class Description and Prerequisite
Preschool 1	Level 1	Helps participants feel comfortable in the water and enjoy the water safely. Prerequisites: Comfortable in the water without assistance from a parent or guardian.
Preschool 2	Level 2	Builds on the skills learned in Preschool/Level 1 and fundamental skills, such as floating and basic locomotion. Prerequisites: With assistance glide on front at least 2 body lengths with face in the water, then roll to back and float for 3 seconds.
Preschool 3		Builds on the skills learned in Preschool/Level 2 with less assistance and greater distance/time. Prerequisites: With assistance glide on front at least 2 body lengths with face in the water, then roll to back and float for 3 seconds.

Intermediate to Advanced Swimming: Swimmer Age: 6-12 years	
Level 3	Builds on fundamental stroke and safety skills with practice in deeper water. Prerequisites: Able to float on front for 5 seconds and back for 15 seconds. Swim for 5 body lengths using combined arm and leg action on both front and back.
Level 4	Improve fundamental skills and introduces advanced safety topics and strokes. Prerequisites: Able to jump into deep water and swim 15 yards of front crawl, float or tread water for 30 seconds in deep water and swim elementary backstroke for 15 yards.
Level 5/6	Refine and perfect fundamental skills and continues to introduce advanced safety topics and strokes. Prerequisites: Able to jump into deep water and swim 25 yards of front crawl, float or tread water for 30 seconds in deep water and swim elementary backstroke for 15 yards.

Introduction to Swim Team and Swim Camps	
Intro to Swim Team	Progress beyond the swim lesson experience and into the skills needed for a typical swim team or swim practice group. The 55-minute practice meets weekly and covers stroke improvements in the four competitive strokes, starts and turns, and basic prep work for team participation. Prerequisite: Swimmers need to be comfortable swimming 25 yards of each of the four competition strokes (freestyle, backstroke, breaststroke, butterfly).

Adult and Youth Swimming	
Older Beginner (Ages 10-16)	Helps youth feel comfortable in the water while learning basic water safety skills. This class is ideal for non-swimming youth who might feel too old in a Level 1 or 2 class.
Adult Beginner (15+)	Help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.
Adult Intermediate	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Prerequisites: Must be comfortable in chest deep water, able to put face in the water. Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.