

**eliminating racism
empowering women**

ywca

Minneapolis

Swim Lessons Schedule

Midtown - YWCA

Summer 2021

June 19 - August 19, 2021

Group swim lessons offer an excellent opportunity for infants, toddlers, youth and adults alike to develop their skills, learn **water safety** and gain confidence in a supportive environment. **YWCA Minneapolis** boasts a wide range of swimming courses year round, covering all ages and abilities.

In our selection of courses, you'll find classes for children and adults who are just beginning to swim, as well as more advanced options for swimmers looking to refine their technique. Our courses are appropriately separated by age, and some advanced classes require participants to be comfortable with certain swimming milestones before enrolling.

Personal Swim Lessons: (Private or Semi-Private)

Set your own pace with our personal swim lessons — where you can achieve your fitness goals in a positive, safe and stress-free space. We design our private and semi-private swim lessons to deliver thoughtful instruction that supports your success and helps you achieve your goals. Work with a private swim teacher to overcome fears, master techniques and unlock your full potential in the water. For more information visit: <https://www.ywcampls.org/privateswim>

How to Register

Please have the class information (code) and a credit card ready.

Register online or in-person beginning Tuesday, June 1.

For in-person, register at the Member Services Desk at YWCA Midtown

Register via phone: 612-215-4333

Members can also register on the “MY YWCA” app
(Download on App Store or Google Play Store™)

Questions? Email swimlessons@ywcampls.org or leave a voicemail at 612-215-4342

Group Swim Lesson Rates

	Member:	Non-Member:
30 minute 8 class	\$66	\$105
45 minute 8 class	\$70	\$115

Please note: participating child must be a YW Minneapolis member to receive the member rate.

Group Swim Class Descriptions

Toddler with Adult: 6 mo - 3 years

Introduces basic skills, including safety topics, to parent and infant/toddler. Develops comfort in the water. **Prerequisites:** *child must be at least 6 months old. Adult or household member 15 or older must accompany the infant/toddler in the water.*

Preschool Beginner with Adult: 3 - 5 years

Learn to be safe, in and around the water. Build basic skills and progress towards swimming fundamentals. **Prerequisites:** *A parent or household member 15+ must accompany the child in the water.*

School Age Beginner: 6 - 12 years

Learn to be safe, in and around the water. Build basic skills and progress towards swimming fundamentals.

Level 3 Stroke Development: 6 - 12 years

Build on basic skills learned in beginner class. Develop fundamental stroke and safety skills and explore skill practice in deeper water. **Prerequisites:** *Able to float on front and back independently for at least 15 seconds. Swim for at least 5 body lengths using combined arm and leg action on both front and back.*

Level 4 Stroke Improvement: 6 - 13 years

Improves fundamental skills while introducing advanced stroke skills and water safety topics. **Prerequisites:** *Able to jump into deep water and swim for at least 15 yards of front crawl, float or tread water for 30 seconds in deep water and swim elementary backstroke for at least 15 yards.*

Level 5/6 Stroke Proficiency: 6 - 14 years

Focuses on stroke technique, builds endurance and additional water safety skills. **Prerequisites:** *Swim at least 25 yards of front crawl, change direction (without wall) and swim at least 25 yards of elementary backstroke. Swim at least 15 yards of breaststroke, change directions (without wall) and swim at least 15 yards of backcrawl.*

Adult Beginner: 15+ years

Learn to be safe, in and around the water. Build basic skills (e.g. floating, breathing) and progress towards swimming fundamentals (forward movement).

June 19 - August 14*		
Saturday	<small>*no class on 7/3</small>	Once per week for 8 weeks
Time:	Class:	Code:
9:00-9:30a	Toddler	GT1
9:15-9:45a	School Age	GS1
9:20-10:05a	Level 4	GL4
9:40-10:10a	Toddler	GT2
9:55-10:25a	Preschool	GP1
10:10-10:55a	Level 3	GL3
10:20-10:50a	Toddler	GT3
10:40-11:10a	Preschool	GP2
11:00-11:30a	School Age	GS2
11:05-11:50a	Level 5/6	GL5
11:20-11:50a	Preschool	GP3

June 21 - August 16*		
Monday	<small>*no class on 7/5</small>	Once per week for 8 weeks
Time:	Class:	Code:
10:05-10:35a	Toddler	HT1
10:15-10:45a	Preschool	HP1
10:05 - 10:50a	Level 3	HL3

June 22 - August 10		
Tuesday		Once per week for 8 weeks
Time:	Class:	Code:
6:10-6:40p	Toddler	JT1
6:35-7:20p	Level 5/6	JL5

June 24 - August 12		
Thursday		Once per week for 8 weeks
Time:	Class:	Code:
6:10-6:40p	Preschool	KP1
6:35-7:20p	Adult Beginner	KA1

June 22 - July 15		
Tuesday and Thursday		Twice a week for 4 weeks
Time:	Class:	Code:
4:45-5:30p	Level 3	EL3
4:50-5:20p	Preschool	EP1
5:30-6:00p	School Age	ES1
5:40-6:25p	Level 4	EL4

July 20 - August 12		
Tuesday and Thursday		Twice a week for 4 weeks
Time:	Class:	Code:
4:45-5:30p	Level 3	FL3
4:50-5:20p	Preschool	FP2
5:30-6:00p	School Age	FS2
5:40-6:25p	Level 4	FL4

Monday - Thursday		June 21 - July 1	Four times a week for 2 weeks
Time:	Class:	Code:	
9:10-9:55a	Level 4	AL4	
9:25-9:55a	Preschool	AP1	
11:10-11:40a	Preschool	AP2	
11:10-11:40a	School Age	AS1	
11:10-11:55a	Level 3	AL3	

Monday - Thursday		July 12 - July 22	Four times a week for 2 weeks
Time:	Class:	Code:	
9:10-9:55a	Level 4	BL4	
9:25-9:55a	Preschool	BP1	
11:10-11:40	Preschool	BP2	
11:10-11:40	School Age	BS1	
11:10-11:55	Level 3	BL3	

Monday - Thursday		July 26 - August 5	Four times a week for 2 weeks
Time:	Class:	Code:	
9:10-9:55a	Level 4	CL4	
9:25-9:55a	Preschool	CP1	
11:10-11:40a	Preschool	CP2	
11:10-11:40a	School Age	CS1	
11:10-11:55a	Level 3	CL3	

Monday - Thursday		August 9 - August 19	Four times a week for 2 weeks
Time:	Class:	Code:	
9:10-9:55a	Level 4	DL4	
9:25-9:55a	Preschool	DP1	
11:10-11:40a	Preschool	DP2	
11:10-11:40a	School Age	DS1	
11:10-11:55a	Level 3	DL3	

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