

AQUATICS: SKILLS FOR LIFE

PROGRESSIVE SWIMMING LESSONS REGISTRATION

WINTER 1

Members: December 9 | Community: December 16

WINTER 2

Members: February 10 | Community: February 13

PRIVATE & SEMI-PRIVATE SWIM LESSONS | Ages 3+ 30-minute classes | For Beginner to Advanced Swimmers

Lessons are offered at both the Chippewa Falls YMCA and the Eau Claire YMCA

Private lessons are a 1:1 ratio. Semi-private lessons are a 2:1 ratio. Lessons are arranged to fit your schedule and pool availability. Participants work on swimming skills appropriate for their ability and in accordance with their individual goals.

You may download our Private Swim Lesson Request form on our website or register with a Member Service Specialist at our Member Service Desk. Fees are based on number of lessons.

PRIVATE LESSON PRICING

# of Lessons	Member	Community
1	\$25	\$35
5	\$110	\$150
10	\$200	\$280

SEMI-PRIVATE LESSON PRICING

# of Lessons	Member	Community
1	\$50	\$75
5	\$150	\$210
10	\$275	\$320

Pricing includes 2 swimmers

Participants unsure of or needing swim lesson placement may schedule a skills evaluation.

Please contact the branch Aquatics Director:

Eau Claire Y: Lori at lkleist@ymca-cv.org or 715.839.4619

Chippewa Falls Y: Cathy at ckrula@ymca-cv.org or 715.723.2201

DOLPHIN GYM & SWIM

Special Needs Program - Wednesday Evenings

This is a program offered to youth and teens in the Chippewa Valley with special needs. This program is offered on Wednesday evenings during the school year at the Chippewa Falls YMCA. Contact Cathy Krula at ckrula@ymca-cv.org or at (715) 723-2201.

SWIMMING LESSONS

PARENT AND CHILD SWIM LESSONS

6-36 MONTHS

WATER DISCOVERY | AGES 6-12 MONTHS | PARENT/CHILD STAGE A

Encourages appropriate parent expectations. Introduces basic aquatic safety to parents. Provides an opportunity to build the parent/child relationship. Child must wear swim diaper.

CHIPPEWA FALLS YMCA

DAY & TIME	DATES OFFERED	FEE
Saturday 9:00-9:40 AM	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 4:00-4:30 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 6:15-6:45 PM		
Monday 5:15-5:45 PM		
Tuesday 6:00-6:30 PM		
Wednesday 5:15-5:45 PM		
Thursday 6:00-6:30 PM		

WATER EXPLORATION | AGES 1-3 | PARENT/CHILD STAGE B

Encourages children to explore their aquatic environment with parents' assistance. Introduces basic water skills such as kicking, breath control, and body control. Encourages children to move in response to visual and verbal cues. Uses toys, flotation devices and interaction with other children. Introduces basic aquatic safety to parents. Provides opportunity to build the parent/child relationship. Child must wear swim diaper.

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Saturday 9:00-9:40 AM	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 5:30-6:00 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Monday 5:15-5:45 PM		
Tuesday 6:00-6:30 PM		
Wednesday 5:15-5:45 PM		

PRESCHOOL LESSONS

3-5 YEARS OLD

WATER ACCLIMATION | AGES 3-5 | PRESCHOOL STAGE 1

For children who are not comfortable submerging voluntarily. Exploring the aquatic environment and personal skills with Instructor assistance. Developing basic skills to propel and glide through the water with Instructor assistance. Introduced to floating, kicking, blowing bubbles and underwater exploration. Introduces basic water safety with self-rescue skills practiced with Instructor.

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Sunday 4:00-4:40 PM	Winter 1: Jan 5-Feb 22 Winter 2: Feb 23-April 11	Member \$39 Community \$69
Sunday 4:45-5:25 PM		
Tuesday & Thursday 6:00-6:40 PM		Member \$78 Community 120
Saturday 9:00-9:40 AM		Member \$39 Community \$69
Saturday 9:45-10:25 AM		

EAU CLAIRE YMCA

DAY & TIME	DATES OFFERED	FEE
Sunday 3:15-3:45 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 4:00-4:30 PM		
Sunday 6:15-6:45 PM		
Monday 5:15-5:45 PM		
Tuesday 6:00-6:30 PM		
Wednesday 5:15-5:45 PM		
Thursday 6:00-6:30 PM		

WATER MOVEMENT | AGES 3-5 | PRESCHOOL STAGE 2

For children unable to front and back float without Instructor assistance. Focuses on body position and control, forward movement and directional change. Encourages children to propel themselves and glide through the water. Teaches basic water safety skills in the form of jump, push, turn and grab, and swim-float-swim.

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EAU CLAIRE YMCA

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Sunday 3:15-3:45 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 4:45-5:15 PM		
Monday 4:30-5:00 PM		
Monday 6:00-6:30 PM		
Tuesday 6:00-6:30 PM		
Wednesday 4:30-5:00 PM		
Wednesday 6:00-6:30 PM		

WATER STAMINA | AGES 3-5 | PRESCHOOL STAGE 3

For children with the ability to float on front and back independently. Teaches rotary movement with breathing in the form of side-glide recovery position. Encourages forward movement on the front and back, and swimming longer distances. Teaches safety techniques in deep water and how to swim to safety.

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Saturday 9:45-10:25 AM		

EAU CLAIRE YMCA

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Sunday 4:45-5:15 PM	Feb 2-April 11 *No lessons the week of Spring Break: March 22-28	Member \$51 Community \$89
Sunday 6:15-6:45 PM		
Monday 5:15-5:45 PM		
Tuesday 6:00-6:30 PM		
Wednesday 4:30-5:00 PM		
Wednesday 6:00-6:30 PM		
Thursday 6:00-6:30 PM		

STROKE INTRODUCTION | AGES 3-5 | PRESCHOOL STAGE 4

For children swimming independently using front and back for 15 yards. Building on front crawl and back crawl with longer distances. Introducing components of breaststroke and butterfly. Practicing safety techniques in deep water.

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Monday 6:00-6:30 PM		
Wednesday 4:30-5:00 PM		
Thursday 6:00-6:30 PM		

SCHOOL AGE YOUTH SWIM LESSONS

WATER ACCLIMATION | AGES 6-12 | YOUTH STAGE 1

For children who are not comfortable submerging comfortably voluntarily. Exploring the aquatic environment with Instructor assistance. Introduced to floating, kicking, blowing bubbles and underwater exploration. Teaches basic aquatic and boating safety, and how to exit in the event of falling in water.

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Monday & Wednesday 4:15-4:55 PM		
Tuesday & Thursday 6:45-7:25 PM		
Saturday 10:30-11:10 AM		Member \$39 Community \$69

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Sunday 5:30-6:10 PM		
Monday 4:30-5:10 PM		
Monday 5:15-5:55 PM		
Tuesday 6:45-7:25 PM		
Wednesday 4:30-5:10 PM		
Wednesday 5:15-5:55 PM		
Thursday 6:35-7:15 PM		

WATER MOVEMENT | AGES 6-12 | YOUTH STAGE 2

For children who are comfortable submerging voluntarily. For children unable to float on front and back independently. Focuses on body position and control, forward movement and directional change. Encourages children to propel themselves and glide through the water. Teaches basic water safety skills in the form of jump, push, turn and grab, and swim-float-swim.

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Sunday 6:15-6:55 PM		
Monday 6:00-6:40 PM		
Tuesday 6:45-7:25 PM		
Wednesday 4:30-5:10 PM		
Wednesday 5:15-5:55 PM		
Thursday 6:35-7:15 PM		

WATER STAMINA | AGES 6-12 | YOUTH STAGE 3

Children should be able to float on front and back independently entering this stage. For children unable to swim 10-15 yards independently on front and back. Teaches rotary movement with breathing in the form of side-glide recovery position. Encourages forward movement on front and back and swimming longer distances. Teaches safety techniques in the deep and how to swim to safety.

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Monday 6:00-6:40 PM		
Tuesday 6:45-7:25 PM		
Wednesday 5:15-5:55 PM		
Thursday 6:35-7:15 PM		

STROKE INTRODUCTION | AGES 6-12 | YOUTH STAGE 4

For children with the ability to swim independently 15 yards on front and back. Encourages development in stroke technique of front crawl and back crawl. Introduces breaststroke and butterfly. Teaches safety techniques in deep water such as treading water and in the form of jump, push, turn and grab, and swim-float-swim.

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Tuesday 6:00-6:40 PM		
Wednesday 6:00-6:40 PM		
Thursday 6:35-7:15 PM		

At this level participants may choose to join the Swim Team:

Eau Claire Marlins Swim Team | Contact Coach Paula | 715-577-6500 | pcaucutt@ymca-cv.org

Chippewa Falls Piranha Swim Team | Contact Coach Cathy Krula | 715-723-2201 | ckrula@ymca-cv.org

STROKE DEVELOPMENT | AGES 6-12 | YOUTH STAGE 5

For children with the ability to swim front and back crawl 25 yards. Teaches stamina in front crawl, back crawl, and elementary backstroke stroke. Teaches sidestroke, breaststroke and butterfly strokes. Teaches endurance techniques for deep-water safety.

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Tuesday 6:45-7:25 PM		
Wednesday 6:00-6:40 PM		

STROKE MECHANICS | AGES 6-12 | YOUTH STAGE 6

For children with the ability to swim front, back crawl and breaststroke 25 yards. Teaches endurance in all major competitive strokes: front crawl, back crawl, breaststroke and butterfly. Teaches skills related to competitive swimming such as racing starts and flip turns. Enhances skills and builds endurance in deep water. Discover how to incorporate swimming into a healthy life style.

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Wednesday 6:00-6:40 PM		

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A/ WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B/ WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1/ WATER
ACCLIMATION**

Can the student do a front and back float on his/her own?

NOT YET

**2/ WATER
MOVEMENT**

Can the student swim 10–15 yards on his/her front and back?

NOT YET

**3/ WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4/ STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5/ STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6/ STROKE
MECHANICS**

* At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.