

# North YMCA SWIMMING

9/1/18-12/21/18

Updated 6/22/2018

MONTHLY CLASSES	2wk Mon-Th	MON	TU	WED	TH	FR	SA	SU
<b>SWIM STARTERS (REQUIRES PARENT PARTICIPATION)</b>								
WATER DISCOVERY							9:15A 10:30A	
WATER EXPLORATION							9:15A 10:30A	
<b>PRESCHOOL AGE LESSONS</b>								
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress from levels 1-4 once skills have been mastered.		10:15A	5:30P 6:30P	10:15A 5:30P 6:30P	5:30P 6:30P		9:15A 10:15A 11:15A	
<b>SCHOOL AGE LESSONS</b>								
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress from levels 1-6 once skills have been mastered.			4:30P 5:30P 6:30P	5:30P 6:30P	4:30P 5:30P 6:30P		9:15A 10:15A 11:15A	
<b>ADULT LESSONS</b>								
After evaluation, each swimmer will receive instruction specific to his or her skill set.			5:30P		6:30P		9:15A	
<b>Pre-Team (Meets 2x per week in the lap pool)</b>								
LEVEL I, II, III			6:30P		6:30P		10:15A	
<b>SWIM TEAM—AVAILABLE AT ANDOVER &amp; NORTHWEST YMCAs</b>								

Contact the swim coach at the Andover or Northwest YMCAs for details.

Contact the Aquatics Director Greg Sullivan @ 858-9622 or [greg.sullivan@ymcawichita.org](mailto:greg.sullivan@ymcawichita.org)

## SWIM FEES:

**Monthly**      \$27/mo  
**Two-week**    \$54/session  
**Academy**     \$27/mo 1 classes/wk  
**Team**         **Varies** contact Andover or Northwest  
**Private/Semi** \$20 per 30-min | \$15 per person, 30-min

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 Fees appear as member rates. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFE IS BETTER IN THE POOL SWIMMING



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## MONTHLY

- Swimmers learn water safety and swimming fundamentals as they progress through skill levels, meet their aquatics goals, and develop an appreciation for the sport.
- Classes meet once per week
- One month commitment – sign up monthly for ages 6 months and up

Classes offered – Swim Starters: Water Discovery, Swim Starters, Water Exploration, Preschool Swim, School Age Swim, Teen Swim, Adult Swim

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## ACADEMY

- Focus will be on intensive swim skill development, as swimmers continue to build confidence in the water
- Levels I-III available, with classes offered throughout the year at Andover YMCA and Northwest YMCA
- Ages 6-18, requires the approval of the Aquatics Director
- Meets 2x per week for 45 min

TWO-WEEK CLASSES – The new swim classes are also available at some locations with a two-week option. Classes meet Monday thru Thursday for both weeks.

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## TEAM

- Swimmers train year-round on stroke development, swimming skills and team building
- Compete at local, state and national levels as part of the USA Swimming and Missouri Valley Swimming Associations
- Ages 6-18, required to try-out for Swim Team

Swim Teams are at Andover YMCA and Northwest YMCA

Fees vary depending on level. Additional costs for personal equipment, meet fees & swim association dues may apply.

## MONTHLY CLASSES

Register online or at any Y location

**SWIM STARTERS: WATER DISCOVERY** | ages 6 mo. -2 yr

**SWIM STARTERS: WATER EXPLORATION** | ages 2-3

30- min. class | PARENT PARTICIPATION REQUIRED

Parents are guided to work with their child to explore fundamental safety and aquatics skills.

**PRESCHOOL AGE** | ages 3-5 for levels 1-4 | 45-min class

**SCHOOL AGE** | ages 6 & up for levels 1-6 | 45-min class

From beginners to seasoned swimmers, kids will become comfortable in the pool, develop personal safety, and progress through aquatics skills that focus on body position, control, forward movement, rotary breathing, integrated arm & leg action, swim stroke technique, and all major competitive strokes.

Level 1: Water Acclimation

Level 2: Water Movement

Level 3: Water Stamina

Level 4: Stroke Intro

Level 5: Stroke Development

Level 6: Stroke Mechanics

**TEEN SWIM** | ages 12-17 | 45-min class

Classes offered at Downtown, El Dorado and South YMCAs

## ADAPTIVE SWIM

Youth with special needs learn to overcome their fear of water and improve their water safety skills. All levels offered at Northwest YMCA

## SWIM ACADEMY CLASSES

2 classes/week for 45 min. | ages 6-18

Requires approval of the Aquatics Director. Contact your local Y for setting up a swim test. Available at Andover, East, El Dorado, Northwest & South YMCAs.

Class fees payable via bankdraft only. Online registration is not available for Academy classes.

**SWIM TEAM** | ages 6-18

FOR A SWIM TEAM TRY-OUT contact the Andover YMCA 316.733.9622 or Northwest YMCA 316.260.9622

**ADULT SWIM** | ages 18 & up | 45-min class

Develop and improve safety skills and swim strokes as you grow your swimming abilities. It is never too late to learn!

**100 MILE SWIM CLUB** | ages 18 & up

Year-round swim 100 miles over the course of a year and earn a t-shirt. Free to Y members. Ask your Aquatics Director for details.

**PRIVATE LESSONS** | ages 3 & up | 30 min session

The Y offers private/semi-private lessons tailored to individual needs and ability. Ask your Aquatics Director for more information.

## FINANCIAL ASSISTANCE

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-base financial assistance are available at ymcawichita.org or any YMCA location.