

# RICHARD A. DEVORE SOUTH YMCA

# WINTER SWIMMING

Effective 01/04/20 - 05/31/20

CONNECT THROUGH OUR FREE APP



SCHEDULES, WORKOUTS, REWARDS, AND MORE

SEARCH FOR "WICHITA YMCA APP"

MONTHLY CLASSES	AGES	TIME	MON	TU	WED	TH	FR	SA
<b>SWIM STARTERS (REQUIRES PARENT PARTICIPATION)</b>								
WATER DISCOVERY	6 mo.- 2 yrs.	30-min	5:00P	10:30A				9:30A
WATER EXPLORATION	2-3	30-min	5:30P	10:30A				10:15A
<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.	3-5	45-min	5:15P	10:30A 6:15P	10:30 A 5:15 P	10:15A 6:15A		9:00A 10:00A
<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.	6+	45-min	5:15P	6:15P	5:15P	6:15P		9:00A 10:00A
<b>HOMESCHOOL</b>	3-17	45-min	12:30P				12:30P	
<b>TEEN SWIM</b>	12-17	45-min						11:00A
<b>ADULT LESSONS</b>	18+	45-min						11:00A
<b>ADAPTIVE LESSONS</b>	3+	45-min		5:15P				
<b>ACADEMY CLASSES—2 CLASSES/WEEK (INSTRUCTOR APPROVAL REQUIRED)</b>								
LEVEL I	6-18	45-min	6:15P		6:15P			
LEVEL II	6-18	45-min		7:15P		7:15P		
LEVEL III	6-18	45-min		7:15P		7:15P		
<b>SWIM TEAM (AVAILABLE AT ANDOVER AND NORTHWEST YMCA)</b>								
<b>GYMNASTICS &amp; SWIM CLASSES</b>								
PARENT PARTICIPATION GYM & SWIM	1-3						11:45A- Gym 12:30P- Swim	10:15A- Gym 11:00A- Swim
PRESCHOOL GYM & SWIM	3-5						12:15P - Gym 1:00P- Swim	10:45A- Gym 11:30A- Swim
SCHOOL AGE GYM & SWIM	5-12							10:15A- gym 11:00A - swim

**SWIM FEES:**

**Monthly** \$27/month  
**Academy** \$54/month 2 classes/week  
**Team** Varies contact Andover or Northwest  
**Private/Semi** \$20 per 30-min | \$15 per person, 30-min

Fees appear as member rates. Community participants/non-members pay an

# SWIMMING



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## MONTHLY CLASSES

- Ages 6 months+
- One month commitment
- Classes meet once per week
- Get started with water safety and swimming fundamentals to progress through skill levels
- Curriculum repeats each month to reinforce skills
- Monthly progress reports are provided

## ACADEMY CLASSES

- Ages 6-18
- Multi-month commitment
- Classes meet twice a week for 45-minutes
- Progress faster than Monthly Classes
- Intensive swim skill development, as swimmers continue to build confidence in the water
- Curriculum progresses each month to advance swimming skills
- Quarterly progress reports are provided

## SWIM TEAM

- Ages 6-18
- Yearly commitment
- Advanced skills will be developed
- Train year-round on stroke development, swim skills and team building
- Compete at local, state and national levels as part of the USA Swimming and Missouri Valley Swimming Associations
- Tryout and invitation required
- Contact your Aquatics Director for more information

## MONTHLY CLASSES

Register online or at any YMCA location

**SWIM STARTERS:** Parent participation required. Parents are guided to work with their child to explore fundamental safety and aquatics skills.

**WATER DISCOVERY:** 6 mo.-2 years | 30-minutes

**WATER EXPLORATION:** ages 2-3 | 30-minutes

**SWIM LESSONS:** From beginners to seasoned swimmers, kids will become more comfortable in the water, develop personal safety, and progress through aquatics skills. They will focus on body position, control, forward movement, rotary breathing, integrated arm and leg action, and all major swim stroke techniques.

Level 1: Water Acclimation    Level 4: Stroke Intro  
Level 2: Water Movement    Level 5: Stroke Development  
Level 3: Water Stamina    Level 6: Stroke Mechanics

**PRESCHOOL AGE:** ages 3-5, Level 1-4 | 45-minutes

**SCHOOL AGE:** ages 6+, Levels 1-6 | 45-minutes

**ADULT SWIM:** ages 18+ | 45-minutes

It is never too late to learn! Improve safety skills and develop swim strokes as you enhance your swimming abilities.

**ADAPTIVE SWIM:** 45-minutes

Youth with special needs learn to overcome their fear of water and improve their water safety skills. Available at Northwest and South YMCA.

## ACADEMY CLASSES

Register at any YMCA location, not available online

**2 CLASSES/WEEK:** ages 6-18 | 45-minutes

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.

## SWIM TEAM

ages 6-18

To tryout for Swim Team, contact the Andover YMCA at 316.733.9622 or the Northwest YMCA at 316.260.9622.

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

**100 MILE SWIM CLUB:** ages 18+

Swim 100 miles, or more, over the course of a year and earn a t-shirt. **FREE** to all Y members. Ask your Aquatics Director for more details.

**PRIVATE LESSONS:** ages 3+ | 30-minutes  
The Y offers private/semi-private lessons tailored to individual needs and ability. Please contact your YMCA's 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-based financial assistance are available at any YMCA location or online at [ymcawichita.org](http://ymcawichita.org).