NORTH YMCA
FALL SWIMMING
Effective 9/1/20 - 12/20/20

MONTHLY CLASSES | AGES | TIME | 2 WEEK MON-TH | MON | TU | WED | THUR | FRI | SA
---|---|---|---|---|---|---|---|---|---
SWIM STARTERS (REQUIRES PARENT PARTICIPATION)
WATER DISCOVERY | 6 mo.–2 yrs. | 30-min | | 5:15P | | 9:45a | 10:30a | 11:15a | 9:45a | 10:30a | 11:15a
WATER EXPLORATION | 2-3 | 30-min | | 5:15P | | 9:45a | 10:30a | 11:15a

PRESCHOOL AGE LESSONS
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress from levels 1-4 once skills have been mastered.

<table>
<thead>
<tr>
<th>AGES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>45-min</td>
</tr>
</tbody>
</table>

SCHOOL AGE LESSONS
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress from levels 1-6 once skills have been mastered.

<table>
<thead>
<tr>
<th>AGES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6+</td>
<td>45-min</td>
</tr>
</tbody>
</table>

ADULT LESSONS

<table>
<thead>
<tr>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>45-min</td>
</tr>
</tbody>
</table>

ADAPTIVE SWIM
(Available at Northwest and South YMCA)

<table>
<thead>
<tr>
<th></th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>45-min</td>
</tr>
</tbody>
</table>

ACADEMY CLASSES—2 CLASSES/WEEK (INSTRUCTOR APPROVAL REQUIRED)

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>AGES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>6-18</td>
<td>45-min</td>
</tr>
<tr>
<td>II</td>
<td>6-18</td>
<td>45-min</td>
</tr>
<tr>
<td>III</td>
<td>6-18</td>
<td>45-min</td>
</tr>
</tbody>
</table>

SWIM TEAM (AVAILABLE AT ANDOVER AND NORTHWEST YMCA)

Contact the Aquatics Director for Swim Team information: Rebecca.clark@ymcawichita.org or 316.858.9622

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

2-WEEK CLASSES: Session Dates (4 days/week)
• Session G—Sept. 1-11 (Tues–Friday)
• Session H—Sept. 14-24 (Mon.-Thursday)
• Session I—Sept. 28-Oct. 8
• Session J– Oct. 12-22
• Session K– Oct. 26-Nov. 5
• Session L—Nov. 9-19
• Session M—Nov. 30-Dec. 10

SWIM FEES:
<table>
<thead>
<tr>
<th></th>
<th>MONTHLY</th>
<th>TWO-WEEK</th>
<th>ACADEMY</th>
<th>TEAM</th>
<th>PRIVATE/SEMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly</td>
<td>$27/month</td>
<td></td>
<td></td>
<td></td>
<td>$20 per 30-min</td>
</tr>
<tr>
<td>Two-week</td>
<td></td>
<td>$54/session</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Academy</td>
<td></td>
<td>$54/month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Varies contact Andover or Northwest</td>
</tr>
</tbody>
</table>

For more information, contact Becca Clark at: Rebecca.clark@ymcawichita.org or 316.858.9622
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

SWIMSTARTERS: Parent participation required. Parents are guided to work with their child to explore fundamental safety and aquatic skills.

WATER DISCOVERY: 6 mo.-2 yrs. | 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 aquatic 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 2: Water Movement
Level 3: Water Stamina

Level 4: Stroke Intro
Level 5: Stroke Development
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, North, Northwest and 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-base financial assistance are available at any YMCA location or online at ymca wichita.org.

GREATER WICHITA YMCA | REGISTER AT ANY LOCATION OR ONLINE AT YMCA WICHITA.ORG/SWIMMING-LESSONS