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

CONNECT THROUGH OUR FREE APP
SCHEDULES, WORKOUTS, REWARDS, AND MORE
SEARCH FOR "WICHITA YMCA APP"

MONTHLY CLASSES | AGES | TIME | 2 WEEK | MON | TU | WED | THUR | FRI | SA
--- | --- | --- | --- | --- | --- | --- | --- | --- | ---
SWIM STARTERS (REQUIRES PARENT PARTICIPATION)
WATER DISCOVERY | 6 mo.-2 yrs. | 30-min | 9:00a
WATER EXPLORATION | 2-3 | 30-min

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.
3-5 | 45-min | 10:00a
5:30p | 10:00a

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.
6+ | 45-min | 6:30p | 11:00a

ADULT LESSONS
18+ | 45-min

ADAPTIVE SWIM (Available at Northwest and West YMCA)
Youth | 45-min | 6:30p

ACADEMY CLASSES—2 CLASSES/WEEK (INSTRUCTOR APPROVAL REQUIRED)
LEVEL I | 6-18 | 45-min
LEVEL II | 6-18 | 45-min
LEVEL III | 6-18 | 45-min

SWIM TEAM (AVAILABLE AT ANDOVER AND NORTHWEST YMCA)
Contact the Aquatics Director for Swim Team information: Nate.jensen@ymcawichita.org or 316.776.8221

SWIM FEES:
Monthly $27/month
Two-week $54/session
Academy $54/month 2 classes/week
Team Varies contact Andover or Northwest
Private/Semi $20 per 30-min | $15 per person, 30-min

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

For more information, contact Kasey William at: Kasey.williams@ymcawichita.org or 316.942.2271
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

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 yrs. | 30-minutes

WATER EXPLORATION: ages 2-3 | 30-minutes

WATER LESONS: 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 2: Water Movement
Level 3: Water Stamina

Level 4: Stroke Intro
Level 5: Stroke Development
Level 6: Stroke Mechanics

PRESCHOOLAGE: ages 3-5, Level 1-4 | 45-minutes

SCHOOLAGE: 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

- 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

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 YMCA.

Class fees payable via bankdraft only.

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

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 YMCA members. Ask your Aquatic 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 ymcaofwichita.org.

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