



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS

## Summer 2020

**SUMMER 2 SESSION: August 10 - September 5, 2020**

**Weekday lessons are twice-a-week for a total of 8 lessons: \$40 Members / \$80 Community**

**Saturday lessons are once-a-week for a total of 4 lessons: \$20 Members / \$40 Community**

### PARENT & CHILD LESSONS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun, confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Ages: 6 - 36 months

Schedules: Mon & Wed, 5:00-5:30 pm, or  
Saturdays, 9:00-9:30 am

Location: Warm Pool

### PARENT & YOUTH LESSONS

Work with your child as an instructor walks you through the building blocks and safety tips of swimming. Parents/Caretakers will be in the water to hold and assist the student as the instructor leads the entire class. Increase your child's comfort with underwater exploration, forward movement, and an introduction to basic self-rescue skills.

Ages: 3 - 5 years

Schedules: Mon & Wed, 5:45-6:15 pm, or  
Saturdays, 9:45-10:15 am

Location: Warm Pool

5 - 7 years

Tue & Thu, 5:00-5:45 pm, or  
Tue & Thu, 6:00-6:45 pm, or  
Saturdays, 10:30-11:15 am

Cool Pool - Shallow End

### STAGE 3: WATER STAMINA

#### STAGE 4: STROKE INTRODUCTION

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**STAGE 3** teaches intermediate self-rescue skills performed at longer distances than in previous stages. **Must be able to swim half the length of the pool without assistance from instructor or floatation device.**

Ages: 6\* - 14 years

Schedules: Tues & Thurs, 5:00-5:45 pm, or  
Tues & Thurs, 6:00-6:45 pm

Stage 3 Location: Cool Pool - Shallow End

Stage 4 Location: Cool Pool - Deep End

**STAGE 4** introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. **Must be able to swim the full length of the pool without assistance from instructor or floatation device.**

**\*A parent/guardian of a 6-7 year old MUST watch the lesson from the observation deck.**



### SWIM TEAM DEVELOPMENT

Take the next step in swim lessons. Polish your strokes as you learn how to take on the steps of going competitive for swimming. This is the perfect class for those who want to pursue a future in recreational, competitive, or leadership roles in the water!

Age: 8 - 16 years

Schedule: Wednesdays, 6:00-6:45 pm, or  
Fridays, 5:00-5:45 pm, or  
Fridays, 6:00-6:45 pm

Fee: \$30 Members / \$60 Community

### PRIVATE SWIM LESSONS

One-on-one instruction and a schedule that works around yours! Lessons are available in a package of five 30-minute lessons. A Spanish speaking instructor is available.

Age: 8 years & older

Schedule: call for available times

Fee: \$125 Members / \$250 Community

### GROUP SWIM LESSONS

Two or more students may register for private group lessons - perfect for families, friends, or those with special requirements. Group lessons are most effective with students of similar skill levels. Lessons are available in a package of five 45-minute lessons. A Spanish speaking instructor is available.

Age: 8 years & older

Fee: \$180 Members / \$360 Community

## TWO RIVERS YMCA

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