

# FALLBROOK YMCA

## 2022 SUMMER AQUATICS

### SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

### PATHWAYS

Specialized tracks

#### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

#### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent?

NOT YET **B / WATER EXPLORATION**

Will the student go underwater voluntarily?

NOT YET **1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET **2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET **3 / WATER STAMINA**

Can the student swim 15 yards of front or back crawl?

NOT YET **4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET **5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET **6 / STROKE MECHANICS**

#### PRIVATE SWIM LESSONS

Member \$115 Community Member \$170

Six 30-minute lessons with an experienced instructor based on your ability and skills. Request and register for private lessons online or at our front desk. During the request process, a series of questions will be asked including goals and availability for the lessons.

A member of our team will contact you in 10–14 business days to confirm details.

#### FRIENDS & FAMILY SWIM LESSONS

Member \$60 Community Member \$80

Pricing is per participant.

Need a bit more than 1-on-1? Try our Friends & Family lessons. You choose who you'd like to be included in your lesson with up to 4 participants. You'll receive six 30-minute lessons. You can choose the swimmers in your group (friends, classmates, family, etc.)

All swimmers should have similar abilities and age: Swim Basics/Level 1–3 or Swim Strokes/Level 4–6 Lessons can start whenever you are ready! Choose time and day that work for you.

A member of our team will contact you in 10–14 business days to confirm details.

#### Refund/Credit Policy

A requested refund 3 business days prior to the start day of any activity/ class will be issued at 100% credit. A requested refund after this time period will not be issued for any reason, including but not limited to vacation, illness, injury, other activities, etc.

#### Make-Up Classes

It is the policy of the YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA including but not limited to vacation, illness, injury, other activities, etc.

#### SWIM CLUB

##### STINGRAYS SWIM CLUB Ages 6–15

Each class meeting is 40 min or 1 hour. Depending on location.

Focuses on stroke technique on all the four Olympic strokes as well as endurance. This non competitive swim club is a great introduction to swim team. Swimmers must be familiar and can demonstrate all four strokes to participate.

#### SWIM TEAM

##### DOLPHIN COMPETITIVE Ages 6–18

This is a year round swim team that competes in both USA Swim League as well as YMCA swim league and is based out of the Northeast YMCA.

For more details, visit [ymcalincoln.org/dolphins](http://ymcalincoln.org/dolphins)

##### SUMMER RECREATION Ages 6–18

Each YMCA location has a summer recreational team and the season runs from June through July.

#### LEADERSHIP

##### AQUATIC LEADERS CLUB Ages 12–15

Each class meeting is 40 minutes in length.

The aim of this club is to prepare middle school aged students ages 12–15 to participate in a lifeguard or a swim instructor certification program as well as gain job readiness skills. The program will help participants build endurance in swimming as well as gain knowledge about the aquatic environment in order to aide or work in a YMCA aquatics program.

##### JR LIFEGUARD CAMP Ages 12–14

This camp is to prepare participants for a future job as a lifeguard. This program will help build swimming endurance as well as gain knowledge in aquatic safety and rescue skills.

#### CERTIFICATION

##### PRE-COURSE CONDITIONING Ages 14–18

Each class meeting is 40 minutes in length.

This class is to set potential lifeguards up for success in the certification class. Swimmers will learn or refine freestyle and breaststroke techniques, treading water and surface dives.

##### LIFEGUARD CERTIFICATION Ages 15–Adult

The YMCA of Lincoln offers full certifications and recertification for current lifeguards. See our Red Cross Certifications brochure or our website for registration information.

# SWIM LESSONS AT THE FALLBROOK YMCA

## AQUATIC SESSION & REGISTRATION DATES

MORNING SESSIONS	Y MEMBER	COMMUNITY MEMBER	SATURDAY SESSIONS	Y MEMBER	COMMUNITY MEMBER
8 CLASSES PER	\$48 PER SESSION	\$96 PER SESSION	6 CLASSES PER	\$36 PER SESSION	\$72 PER SESSION
SESSION DATES: May 30-June 9 (skips May 30th) June 13-23 June 27-July 7 (Skips July 4th) July 11-21 July 25-August 4	REGISTRATION BEGINS: May 17 May 31 June 14 June 28 July 12	REGISTRATION BEGINS: May 19 June 2 June 16 June 30 July 14	SESSION DATES: June 4-July 16 (skips July 2)	REGISTRATION BEGINS: May 17	REGISTRATION BEGINS: May 19

EVENING SESSIONS	Y MEMBER	COMMUNITY MEMBER
6 CLASSES PER	\$36 PER SESSION	\$72 PER SESSION
SESSION DATES: May 2-19 May 30-June 17 (Skips May 30th) June 20-July 8 (Skips July 4th) July 11-29	REGISTRATION BEGINS: April 19 May 17 June 7 June 28	REGISTRATION BEGINS: April 21 May 19 June 9 June 30

DOLPHIN SWIM TEAM	Y MEMBER	COMMUNITY MEMBER
MON—THURS	\$135 PER SESSION	\$300 PER SESSION
SESSION DATES: May 31-July 24	REGISTRATION BEGINS: April 1	<a href="#">Click here for details</a>

- ⇒ Please bring your own towel and goggles!
- ⇒ Wear your suit into the Y
- ⇒ Swim Lesson Entrance— Door/Locker rooms West of Pool
- ⇒ Locker rooms are available to change in.
- ⇒ Please no Spectators on Deck—You may Spectate from Lobby

### Monday–Thursday AM 8 classes

### Monday & Wednesday PM 6 classes

### Saturday AM 6 classes

	9:00am	9:50am	4:30pm	5:20pm	6:10pm	9:10am	10:00am	10:50am
<b>PARENT W/ CHILD</b>								
A/Water Discovery (6mo-18mo)	X		X			X		
B/Water Exploration (18mo-3yrs)	X		X			X		
<b>PRESCHOOL Ages 3-5</b>								
1/Water Acclimation	X		X	X		X	X	
2/Water Movement	X		X	X		X	X	
3/Water Stamina	X			X			X	
4/Stroke Introduction		X		X			X	
<b>SCHOOL AGE Ages 5-15</b>								
1/Water Acclimation	X	X			X			X
2/Water Movement	X	X	X	X	X	X	X	X
3/Water Stamina	X		X	X	X	X	X	X
4/Stroke Introduction		X	X	X	X	X	X	X
5/Stroke Development		X			X			X
6/Stroke Mechanics		X			X			X

### SPECIALIZED PATHWAYS | Ages 6 – 15

#### Dolphin Swim Team | Monday -Thursday

Morning Session 8:00am-9:00am | Evening Session 7:00pm-8:00pm

#### Jr. Lifeguard Camp | July 25-28

Monday-Thursday | 9:00am -12:00pm | Member \$90 | Community Member \$120

**\*Class times are subject to change. A minimum number of participants must be met to hold the class.**

Questions, comments, or concerns? Contact Jared Stitt (402) 323-6434 [Jstitt@ymcalincoln.org](mailto:Jstitt@ymcalincoln.org) or James Colton (402)323-6438 [Jcolton@ymcalincoln.org](mailto:Jcolton@ymcalincoln.org)