

# FALLBROOK YMCA

## 2023 WINTER / SPRING 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

Y Member \$121 | Community Member \$179

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

Y Member \$63 per registrant | Community Member \$84 per registrant

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: 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 Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

### Make-Up Classes

It is the policy of the Lincoln 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 (vacation, illness, other activities, etc.) Class cancellations made by YMCA will be rescheduled.

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

SESSION DATES:		Y MEMBER REGISTRATION:	COMMUNITY MEMBER REGISTRATION:
January 2 - January 22	Meets twice a week for 3 weeks	December 13	December 15
January 23 - March 5	Meets once a week for 6 weeks	January 10	January 12
March 20 - April 30	Meets once a week for 6 weeks	March 7	March 9

  

STINGRAYS: Twice a week for 6 weeks		GROUP LESSONS:	
Y Member: \$75	Community Member: \$150	Y Member: \$38	Community Member: \$76

**Mon & Weds PM**  
Jan 2nd - Jan 22nd  
6 Classes 2x a Week

**Monday PM**  
6 Classes Once A Week

**Wednesday PM**  
6 Classes Once A Week

**Saturday AM**  
6 Classes Once A Week

CLASS	5:10pm	6:00pm	5:10pm	6:00pm	6:50pm	5:10pm	6:00pm	6:50pm	9:10am	10:00am	10:50am
<b>PARENT W/ CHILD 6 month-3 years</b>											
A/Water Discovery (6mo-18mo)	X		X		X	X		X	X		
B/Water Exploration (18mo-3yrs)	X		X		X	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		X
3/Water Stamina		X		X		X		X		X	X
4/Stroke Introduction				X		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
3/Water Stamina	X			X		X		X		X	X
4/Stroke Introduction		X	X		X		X		X		X
5/Stroke Development		X		X			X			X	
6/Stroke Mechanics		X		X			X			X	

### Stingrays Swim Club | Ages 6—15

Mondays & Wednesdays — 4:30pm—5:30 pm (not offered during mini session)

### SPECIALIZED PATHWAYS

#### Aquatics Leaders Club | Ages 6—15

Sundays 12pm — 12:40pm

#### Jr. Lifeguarding Camp | Ages 12—14

March 13th—16th | 9am-12pm

**Y MEMBER: \$90 | COMMUNITY MEMBER: \$120**

\*Class times are subject to change. A minimum number of 2 participants must be met to hold the class\*



## SWIM LESSON REMINDERS

- Please bring your own towel and goggles!
- We ask for no spectators on the pool deck during class please.
- Chairs are available for seating and spectating in the hallway through the pool windows.
- Community Member participants will be asked to sign in at the front desk upon entry to facility.

Questions, comments, or concerns?

Contact James Colton at (402) 323-6438 or [Jcolton@ymcalincoln.org](mailto:Jcolton@ymcalincoln.org)