

# COOPER YMCA

## 2023 FALL AQUATICS BROCHURE

### 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-15 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**

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 [ymcalincn.org/dolphins](http://ymcalincn.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.

## PRIVATE SWIM LESSONS

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

Member \$63 Community Member \$84

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/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 LESSONS AT THE COOPER YMCA

## AQUATIC SESSION & REGISTRATION DATES

SESSION DATES:		Y MEMBER REGISTRATION:	COMMUNITY MEMBER:
September 11 - October 15	October 16 - November 19	August 29 October 3	August 31 October 5
STINGRAYS: Twice a week for 5 weeks		GROUP LESSONS: Once a week for 5 weeks	
Y Member: \$63	Community Member: \$125	Y Member: \$32	Community Member: \$64

**Monday PM**  
5 classes

**Thursday PM**  
5 classes

**Saturday AM**  
5 classes

CLASS	4:45pm	5:30pm	6:15pm	4:30pm	5:15pm	6:00pm	9:30am	10:15am	11:00am
<b>PARENT W/ CHILD</b>									
A/Water Discovery (6m-18m)		X			X			X	X
B/Water Exploration (18m-3yrs)		X			X			X	X
<b>PRESCHOOL 3 - 5 years</b>									
1/Water Acclimation	X		X	X	X	X	X	X	
2/Water Movement	X	X		X	X	X	X	X	X
3/Water Stamina		X	X	X		X	X		X
4/Stroke Introduction		X		X			X		
<b>SCHOOL AGE 5 - 15 years</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		X	X
5/Stroke Development	X		X		X	X			X
6/Stroke Mechanics	X		X		X	X			X
<b>SPECIALIZED PATHWAYS</b>									
Stingrays Swim Club (Ages 6-12yrs) Wednesdays & Fridays 4:30-5:30PM									
Aquatic Leaders Club (Ages 12-15yrs) Mondays 6:15-7:15PM or Saturdays 11:00-12:00PM									

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

**STRONG  
SWIMMERS  
CONFIDENT  
KIDS**



## SWIM LESSON REMINDERS

- Please bring your own towel and goggles
- Community member participants will be asked to sign in at the front desk upon entry to facility
- We ask spectators to remain only in the designated areas during class time

Questions, comments or concerns?

Contact Bailey Jorgensen at 402-323-6412 [bjorgensen@ymcalincoln.org](mailto:bjorgensen@ymcalincoln.org)