

FALLBROOK 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**

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 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

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:	YMCA MEMBER REGISTRATION:	COMMUNITY MEMBER REGISTRATION:
September 11 - October 15	August 29	August 31
October 16 - November 19	October 3	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

Wednesday PM
5 Classes

Saturday AM
5 classes

CLASS	5:10pm	6:00pm	6:50pm	5:10pm	6:00pm	6:50pm	9:10am	10:00am	10:50am
PARENT WITH CHILD 6mo – 3yrs									
A/Water Discovery (6mo-18mo)	X				X			X	
B/Water Exploration (18mo-3yrs)	X				X			X	
PRESCHOOL 3 - 5 years									
1/Water Acclimation	X		X	X			X	X	
2/Water Movement	X	X	X	X	X	X		X	
3/Water Stamina		X		X	X	X	X		X
4/Stroke Introduction				X	X				X
SCHOOL AGE 5 - 15 years									
1/Water Acclimation			X					X	X
2/Water Movement	X	X				X	X		X
3/Water Stamina	X	X				X	X		X
4/Stroke Introduction		X	X			X	X		
5/Stroke Development			X		X			X	
6/Stroke Mechanics			X		X			X	
SPECIALIZED PATHWAYS									
Stingrays Swim Club (Ages 6-15) Mondays & Wednesdays — 4:00pm—5:00pm									
Aquatics Leaders Club (Ages 12-15) Sunday 12pm — 12:40pm									

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 for no spectators on the pool deck during classes
- Chairs are available for seating and spectating in the hallway through the pool windows
- For your convenience, there are two Private Family Locker Rooms near the elevator that can be utilized. Parents with children may accompany their child to the Girls/Boys Locker Room if needed. At the Fallbrook Y the Women's & Men's Locker Rooms are for adults only! Children and youth under the age of 19 are NOT allowed in the Women's or Men's Locker Rooms.

Questions, comments, or concerns?

Contact James Colton at 402-323-6438 or jcolton@ymcalincoln.org