

# COOPER YMCA

## 2024 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-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 \$130 Community Member \$192

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.

#### FRIENDS & FAMILY SWIM LESSONS

Member \$67 Community Member \$90

Pricing 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 group: Swim Basics/Level 1-3 or Swim Strokes/Level 4-6

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

#### 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.

#### 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

MORNING SESSIONS			SATURDAY SESSIONS		
8 CLASSES PER	Y MEMBER \$54 PER SESSION	COMMUNITY MEMBER \$107 PER SESSION	6 CLASSES PER	Y MEMBER \$40 PER SESSION	COMMUNITY MEMBER \$80 PER SESSION
SESSION DATES: May 27-June 6 (skips May 27) June 10-20 June 24-July 4 (skips July 3 & 4) July 8-18 July 22-August 1	REGISTRATION BEGINS: May 14 May 28 June 11 June 25 July 9	REGISTRATION BEGINS: May 16 May 30 June 13 June 27 July 11	SESSION DATES: June 1-July 13 (skips July 6)	REGISTRATION BEGINS: May 14	REGISTRATION BEGINS: May 16
EVENING SESSIONS			CROCODILE SWIM TEAM		
6 CLASSES PER	Y MEMBER \$40 PER SESSION	COMMUNITY MEMBER \$80 PER SESSION	MON—THURS	Y MEMBER \$155 PER SESSION	COMMUNITY MEMBER \$331 PER SESSION
SESSION DATES: April 29-May 19 May 27-June 16 (skips May 27) June 17-July 7 (skips July 4) July 8-July 28	REGISTRATION BEGINS: April 16 May 14 June 4 June 25	REGISTRATION BEGINS: April 18 May 16 June 6 June 27	SESSION DATES: May 28-July 21	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— thru metal pool doors
- ⇒ Spectators please use pool seating area only to watch

Classes that skip a day are prorated with the exception of Saturdays which still offer six

**Monday — Thursday AM**  
8 classes

**Monday & Thursday PM**  
6 classes

**Saturday AM**  
6 classes

CLASS	9:45am	10:30am	11:15am	4:45pm	5:30pm	6:15pm	9:30am	10:15am	11:00am
<b>PARENT WITH CHILD</b>									
A/Water Discovery (6m-18m)		X			X			X	X
B/Water Exploration (18m-3yrs)		X			X			X	X
Turtle (6mo-14yrs)									
<b>PRESCHOOL   Ages 3-5 years</b>									
1/Water Acclimation	X		X	X		X	X		X
2/Water Movement	X	X		X	X	X		X	X
3/Water Stamina	X		X	X	X	X	X	X	
4/Stroke Introduction			X		X		X		
<b>SCHOOL AGE   Ages 5-15</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	X	
5/Stroke Development	X		X	X		X		X	X
6/Stroke Mechanics	X		X	X		X		X	X
<b>SPECIALIZED PATHWAYS   Ages 6 - 15</b>									
<b>Crocodiles Swim Team   Monday — Thursday</b> Morning Session 9:00am-10:00am   Evening Session 7:00pm-8:00pm									
<b>Jr. Lifeguard Camp   August 6th — 9th</b> Tuesday — Friday   1:00pm — 4:00pm									

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

Questions, comments, or concerns? Contact Bailey Jorgensen (402) 323-6412 [bjorgensen@ymcalincoln.org](mailto:bjorgensen@ymcalincoln.org) or Ashley Carlson (402) 323-6413 [acarlson@ymcalincoln.org](mailto:acarlson@ymcalincoln.org)