

COPPLE FAMILY YMCA

2025 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 \$140 Community Member \$211

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 \$72 Community Member \$102

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

SUMMER RECREATION Ages 6–18

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

ADAPTIVE SWIM

NEW PROGRAM @ COPPLE FAMILY Y

ADAPTIVE SWIM LESSONS (GRANT PROGRAM)

Private Lessons (Ages 4–18): One-on-one swim instruction for all abilities, building confidence and water skills in a supportive environment.

Small Group (Ages 3–15): Social, small-ratio classes building social interaction, and essential swimming skills.

Want more information/dates?

Ask for the Adaptive Swim lesson Flyer & Application Process for these fun free lessons.

Contact **Sierra Esparza**
sesparza@ymcalincoln.org

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 recertifications for current lifeguards. See our Red Cross Certifications brochure or our website for registration information.

SWIM LESSONS AT THE COPPLE FAMILY YMCA

AQUATIC SESSION & REGISTRATION DATES

MORNING SESSIONS	Y MEMBER	COMMUNITY MEMBER	SATURDAY SESSIONS	Y MEMBER	COMMUNITY MEMBER
8 CLASSES PER	\$58 PER SESSION	\$118 PER SESSION	6 CLASSES PER	\$43 PER SESSION	\$88 PER SESSION

SESSION DATES:	REGISTRATION BEGINS:	REGISTRATION BEGINS:
May 26-June 5 (skips May 26)	May 13	May 15
June 9-June 19	May 27	May 29
June 23-July 2 (skips July 3)	June 10	June 12
July 7-17	June 24	June 26
July 21-July 31	July 8	July 10

SESSION DATES:	REGISTRATION BEGINS:	REGISTRATION BEGINS:
May 31-July 12 (Skips July 5)	May 13	May 15

EVENING SESSIONS	Y MEMBER	COMMUNITY MEMBER
6 CLASSES PER	\$43 PER SESSION	\$88 PER SESSION

SESSION DATES:	REGISTRATION BEGINS:	REGISTRATION BEGINS:
April 28-May 18	April 15	April 17
May 26-June 15 (skips May 26)	May 13	May 15
June 16-July 6 (skips July 3 & 4)	June 3	June 5
July 7-July 27	June 24	June 26

SEA TURTLE SWIM TEAM	Y MEMBER	COMMUNITY MEMBER
MON—THURS	\$165 PER SESSION	\$350 PER SESSION

SESSION DATES:	REGISTRATION BEGINS:
May 28th-July 21	April 1 Click Here for Details

- ⇒ Please bring your own towel and goggles!
- ⇒ Wear your suit into the Y
- ⇒ Swim Lesson Entrance- thru locker rooms
- ⇒ Please no parents coming on deck during lessons.
- ⇒ Spectators please use lobby 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

Tuesday & Wednesday PM 6 classes

Saturday AM 6 classes

CLASS	8:30am	9:15am	10:00am	5:00pm	5:45pm	6:30pm	9:00am	9:45	10:30am
PARENT WITH CHILD									
A/Water Discovery (6m-18m)		X		X			X		
B/Water Exploration (18m-3yrs)		X		X			X		
PRESCHOOL Ages 3-5 years									
1/Water Acclimation	X		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			
SCHOOL AGE Ages 5-15									
1/Water Acclimation				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	X		X		X
5/Stroke Development	X		X			X			X
6/Stroke Mechanics	X		X			X			X
ADULT Ages 16 years and up									
1/Water Movement							X		
2/Stroke Development							X		
STINGRAYS SWIM CLUB Ages 6-15									
Tuesday & Wednesday 6:00-7:00									
SWIM TEAM									
Sea Turtle Swim Team / Monday-Thursday 8:15-9:15am OR 7:15-8:15pm									

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

Questions, comments, or concerns? Contact Sierra Esparza @ 531-289-7858 or Jamie Reiff @ 531-289-7858