

FALLBROOK YMCA

2025 FALL 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

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 \$100 **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.

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.

NEW PROGRAM* @ COPPLE FAMILY Y ENDS NOV 1ST

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

Want more information/dates?
Ask for the Adaptive Swim lesson Flyer & Application Process for these fun free lessons.
Contact Sierra Esparza
sesparza@ymcalincoln.org

ADAPTIVE SWIM

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 FALLBROOK YMCA

AQUATIC SESSION & REGISTRATION DATES

SESSION DATES:	YMCA MEMBER REGISTRATION:	COMMUNITY MEMBER REGISTRATION:
September 8 - October 12 October 13 - November 16	August 26 September 30	August 28 October 2
STINGRAYS: Twice a week for 5 weeks		GROUP LESSONS: Once a week for 5 weeks
Y Member: \$71	Community Member: \$142	Y Member: \$37 Community Member: \$77

Monday Evening
5 Classes

Wednesday Evening
5 Classes

Saturday Morning
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	X
3/Water Stamina		X			X	X	X		X
4/Stroke Introduction				X					
SCHOOL AGE 5 - 15 years									
1/Water Acclimation			X	X				X	X
2/Water Movement	X	X				X	X		X
3/Water Stamina	X	X		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

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

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 Mikalah Kadavy at (402) 323-6438 or mkadavy@ymcalincoln.org

**STRONG
SWIMMERS
CONFIDENT
KIDS**

