

# COPPLE FAMILY YMCA

## 2026 SUMMER AQUATICS

### SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

### PATHWAYS

Specialized tracks

#### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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**

**STINGRAYS SWIM CLUB** Ages 6-15  
Each class meeting is 40 min or 1 hour. Depending on location.

SWIM CLUB

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.

**DOLPHIN COMPETITIVE** Ages 6-18

SWIM TEAM

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.

#### ADAPTIVE SWIM LESSONS

ADAPTIVE SWIM

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

We offer individualized lessons to meet each individual where they are.

Through our Adaptive curriculum and tools we can assure everyone can be successful in the water.

#### PRIVATE SWIM LESSONS

Member \$147 Community Member \$222

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 \$76 Community Member \$105 \*\*Pricing is per participant\*\*  
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.

**PRE-COURSE CONDITIONING** Ages 14-18

Each class meeting is 40 minutes in length.

CERTIFICATION

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 COPPLE FAMILY YMCA

## AQUATIC SESSION & REGISTRATION DATES

| MORNING SESSIONS | Y MEMBER         | COMMUNITY MEMBER  | SATURDAY SESSIONS | Y MEMBER         | COMMUNITY MEMBER |
|------------------|------------------|-------------------|-------------------|------------------|------------------|
| 8 CLASSES PER    | \$59 PER SESSION | \$123 PER SESSION | 6 CLASSES PER     | \$44 PER SESSION | \$88 PER SESSION |

|  |   |  |   |                                |                                |
|--|---|--|---|--------------------------------|--------------------------------|
| SESSION DATES:<br>May 25-June 4 (skips May 25)<br>June 8-June 18<br>June 22-July 2<br>July 6-16<br>July 20-July 30 | REGISTRATION BEGINS:<br>May 12<br>May 26<br>June 9<br>June 23<br>July 7 | REGISTRATION BEGINS:<br>May 14<br>May 28<br>June 11<br>June 25<br>July 9 | SESSION DATES:<br>May 30-July 11 (skips July 4) | REGISTRATION BEGINS:<br>May 12 | REGISTRATION BEGINS:<br>May 14 |
|--|---|--|---|--------------------------------|--------------------------------|

| EVENING SESSIONS | Y MEMBER         | COMMUNITY MEMBER |
|------------------|------------------|------------------|
| 6 CLASSES PER    | \$44 PER SESSION | \$88 PER SESSION |

|  |   |   |
|--|---|---|
| SESSION DATES:<br>April 27-May 17<br>May 25-June 14 (skips May 25)<br>June 15-July 5<br>July 6-July 26 | REGISTRATION BEGINS:<br>April 14<br>May 12<br>June 2<br>June 23 | REGISTRATION BEGINS:<br>April 16<br>May 14<br>June 4<br>June 25 |
|--|---|---|

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

|                                   |                                  |  |
|-----------------------------------|----------------------------------|--|
| SESSION DATES:<br>May 26- July 16 | REGISTRATION BEGINS:<br>April 15 | <a href="#">Click Here for Details</a> |
|-----------------------------------|----------------------------------|--|

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

- ⇒ 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

### 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 |
|---|--------|--------|---------|--------|--------|--------|--------|------|---------|
| <b>PARENT WITH CHILD</b>                      |        |        |         |        |        |        |        |      |         |
| A/Water Discovery (6m-18m)                    |        | X      |         | X      |        |        | X      |      |         |
| B/Water Exploration (18m-3yrs)                |        | X      |         | X      |        |        | X      |      |         |
| <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    |         |
| 3/Water Stamina                               |        | X      | X       |        | X      | X      |        | X    | X       |
| 4/Stroke Introduction                         |        |        | X       |        |        | X      |        |      |         |
| <b>SCHOOL AGE Ages 5-15</b>                   |        |        |         |        |        |        |        |      |         |
| 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       |
| <b>ADULT Ages 16 years and up</b>             |        |        |         |        |        |        |        |      |         |
| 1/Water Movement                              |        |        |         |        |        |        | X      |      |         |
| 2/Stroke Development                          |        |        |         |        |        |        | X      |      |         |
| <b>STINGRAYS SWIM CLUB Ages 6-15</b>          |        |        |         |        |        |        |        |      |         |
| Tuesday & Wednesday 6:00-7:00                 |        |        |         |        |        |        |        |      |         |
| <b>SEA TURTLE SWIM TEAM</b>                   |        |        |         |        |        |        |        |      |         |
| Monday-Thursday<br>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 Ezekiel Menter @ (531) 289-7863 or ementer@ymcalincoln.org