COOPER YMCA

2026 FALL AQUATICS BROCHURE

SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

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 $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.

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

FRIENDS & FAMILY SWIM LESSONS

Member $76 Community Member $105

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.

PATHWAYS

Specialized tracks

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

ADAPTIVE SWIM LESSONS

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.

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

SESSION DATES:	Y MEMBER REGISTRATION:	COMMUNITY MEMBER:
September 14 - October 18 October 19 - November 22	September 1 October 6	September 3 October 8

STINGRAYS: Twice a week for 5 weeks		GROUP LESSONS: Once a week for 5 weeks	
Y Member: $74	Community Member: $148	Y Member:$38	Community Member: $80

Monday PM 5 classes	Thursday PM 5 classes	Saturday AM 5 classes

CLASS	4:45pm	5:30pm	6:15pm	4:30pm	5:15pm	6:00pm	9:30am	10:15am	11:00am
PARENT W/ CHILD									
A/Water Discovery (6m-18m)		X			X			X	X
B/Water Exploration (18m-3yrs)		X			X			X	X
PRESCHOOL 3 - 5 years									
1/Water Acclimation	X		X	X	X	X	X	X	
2/Water Movement	X	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	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
5/Stroke Development	X		X		X	X			X
6/Stroke Mechanics	X		X		X	X			X
SPECIALIZED PATHWAYS									
Stingrays Swim Club | Ages 6-12yrs | Wednesdays & Fridays 4:30-5:30PM									

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 spectators to remain only in the designated areas during class time

Questions, comments or concerns?
Contact Bailey Jorgensen at 402-323-6412 bjorgensen@ymcalincoln.org