COOPER YMCA

2027 WINTER/SPRING AQUATICS

SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

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

PRIVATE SWIM LESSONS

Member$154 CommunityMember$233

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$80 CommunityMember$110 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: 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 track

SWIM CLUB

STINGRAYS SWIM CLUB Ages 6-15

Each class lasts 1 hour

Focuses on stroke techniques and building endurance. This non-competitive swimming 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 Ages 4-18

Private Lessons -One-on-one swim instruction for all abilities, building confidence and water skills in a supportive environment.

We offer individualized lessons to meet everyone where they are. Through our Adaptive curriculum and tools, we can assure everyone can be successful in the water.

TEEN SWIM

TEEN SWIM LESSONS Ages 12-16

Level 1 Water Movement
Encourages forward movement in water and basic self-rescue skills.

Level 2 Stroke Introduction
Introduces and refines freestyle, backstroke. Breaststroke and butterfly.

CERTIFICATION

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 REGISTRATION:
January 4– 24– **MINI Meets twice a week for 3wks**	December 8	December 10
January 25-March 7– Meets once a week for 6wks	January 5	January 7
March 15-April 25 Meets once a week for 6wks	March 2	March 4

STINGRAYS: Twice a week for 6 weeks		GROUP LESSONS:	
Y Member: $92	Community Member: $184	Y Member: $46	Community Member: $92

	Mon & Thurs Jan 4-24 Classes 2x a Week	Monday 6 Classes Once a Week	Thursday 6 Classes Once a Week	Saturday 6 Classes Once a Week						
CLASS	4:45pm	5:30pm	4:45pm	5:30pm	6:15pm	4:30pm	5:15pm	6:00pm	9:30am	10:15am	11:00am
PARENT WITH CHILD											
A/Water Discovery (6m-2)		X		X			X			X	X
B/Water Exploration (2-4)		X		X			X			X	X
PRESCHOOL Ages 3-5											
1/Water Acclimation	X		X	X		X	X		X	X	
2/Water Movement	X	X	X	X	X	X	X	X	X	X	X
3/Water Stamina	X	X	X	X	X	X	X	X	X	X	
4/Stroke Introduction	X					X				X	
SCHOOL AGE Ages 5-15											
1/Water Acclimation		X					X			X	
2/Water Movement		X		X	X	X	X	X	X	X	X
3/Water Stamina	X		X	X	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	X	X		X
6/Stroke Mechanics		X		X	X		X	X	X		X
STINGRAYS SWIM CLUB Ages 6-15											
Wednesday & Friday 4:30—5:30pm (not offered during mini session)											

***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! The Y will not have these items available for use.
- When possible, please wear your swim suit into the Y to avoid crowding in the locker rooms.
- Community member participants will be asked to sign in at the front desk upon entry into the facility.

Questions, comments or concerns? Contact
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