# 2021 Spring Swim Lessons Schedule

## Marshalltown YMCA–YWCA

### 4-week Session
- **Mar. 29– Apr. 21**
  - M/W
- **Stage 1**
  - Water Acclimation
  - M/W
    - 9:15–10a.m.
    - 4:30–5:15p.m.
    - 6:30–7:15p.m.
- **Stage 2**
  - Water Movement
  - M/W
    - 10:15–11:00a.m.
    - 4:30–5:15p.m.
    - 5:30–6:15p.m.
- **Stage 3**
  - Water Stamina
  - M/W
    - 5:30–6:15p.m.
    - 6:30–7:15p.m.
- **Stage 4**
  - Stroke Introduction
  - M/W
    - 4:30–5:15p.m.
    - 6:30–7:15p.m.
- **Stage 5**
  - Stroke Development
  - M/W
    - 5:30–6:15p.m.
- **Stage 6**
  - Stroke Mechanics
  - M/W
    - 5:30–6:15p.m.

### 4-week session
- **Apr. 26 – May 19**
  - M/W
- **Stage 1**
  - Water Acclimation
  - M/W
    - 9:15–10a.m.
    - 4:30–5:15p.m.
    - 6:30–7:15p.m.
- **Stage 2**
  - Water Movement
  - M/W
    - 10:15–11:00a.m.
    - 4:30–5:15p.m.
    - 5:30–6:15p.m.
- **Stage 3**
  - Water Stamina
  - M/W
    - 5:30–6:15p.m.
    - 6:30–7:15p.m.
- **Stage 4**
  - Stroke Introduction
  - M/W
    - 4:30–5:15p.m.
    - 6:30–7:15p.m.
- **Stage 5**
  - Stroke Development
  - M/W
    - 5:30–6:15p.m.
- **Stage 6**
  - Stroke Mechanics
  - M/W
    - 5:30–6:15p.m.

### 8-week Session
- **Mar 30– May 22**
  - T, TH, Saturday
- **Stage 1**
  - Water Acclimation
  - T 4:30–5:15p.m.
  - TH 4:30–5:15p.m.
  - SAT 8:30–9:15a.m.
- **Stage 2**
  - Water Movement
  - T 5:30–6:15p.m.
  - T 6:30–7:15p.m.
  - TH 5:30–6:15p.m.
  - TH 6:30–7:15p.m.
  - SAT 8:30–9:15a.m.
  - SAT 9:30–10:15a.m.
- **Stage 3**
  - Water Stamina
  - Mon–Thur
    - 5:30–6:15p.m. (2)
- **Stage 4**
  - Stroke Introduction
  - Mon–Thur
    - 4:30–5:15p.m. (2)
  - 6:30–7:15p.m. (2)
  - *(2) separate classes offered at this time
- **Stage 5**
  - Stroke Development
  - Mon–Thur
    - 5:30–6:15p.m. (2)
- **Stage 6**
  - Stroke Mechanics
  - Mon–Thur
    - 5:30–6:15p.m.

### 2-week session
- **May 24 – Jun. 3**
  - *No class Memorial Day*
  - MON–THUR

### Registration Dates
- **4–week Session**
  - Mar. 22 – Y Members
  - Mar. 24 – Program Members
- **4–week session**
  - Apr 19 – Y Members
  - Apr 21 – Program Members
- **8-week Session**
  - Mar. 22 – Y Members
  - Mar. 24 – Program Members
- **2–week session**
  - May 22 – Y Members
  - May 19 – Program Members

### Cost
- **4–week Session**
  - $32 Y Members
  - $44 Program Members
- **4–week session**
  - $32 Y Members
  - $44 Program Members
- **8-week Session**
  - $32 Y Members
  - $44 Program Members
- **2–week session**
  - $28 Y Members
  - $38.50 Program Members

### Additional 8–week Session
- **Classes**
- **Water Discovery/ Water Exploration (Adult w/Child):**
  - T 5:45 – 6:15 p.m. & 6:30–7:00p.m.

### Home School Swim Club:
- W 3–3:45p.m.

### PARENT TIPS
- Register in person at the Y or go online to www.ymca-ywca.org for class descriptions and registration.
- Please contact Shelley Lechhri, Aquatic Director for questions regarding placement in a level: shelley.lechhri@ymca-ywca.org or 641-752–8658
- Stages are for both Preschool and School age children. They are combined.
- All swimmers progress at an individual pace. Some may need to repeat a stage.
- If class is full, please ask to be added to wait list. Classes will be added if possible. (Not a guarantee.)
STRONG SWIMMERS  
CONFIDENT KIDS  
MARSHALLTOWN YMCA-YWCA

LEARNING TO SWIM OPENS A WORLD OF OPPORTUNITIES TO YOUTH AND ADULTS!  
SOME EXAMPLES ARE BELOW. TALK WITH A MEMBER OF THE Y’S AQUATICS  
DEPARTMENT TO FIND OUT HOW YOU CAN GET

Swim Starters Aquatic Program
Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Stage Descriptions:
A / Water Discovery  Introduces infants and toddlers to the aquatic environment.
B / Water Exploration  Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Stage Descriptions:
1 / Water Acclimation  Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
2 / Water Movement  Encourages forward movement in water and basic self-rescue skills performed independently.
3 / Water Stamina  Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Y swim instructors are nationally certified. Their training includes CPR, AED and First Aid. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

SWIM LESSON CANCELLATION POLICY
The Marshalltown YMCA-YWCA reserves the right to combine class levels, or cancel classes for insufficient enrollment. In the event of a cancelled session, system credit will be given. Classes missed due to weather will not be made up or refunded.

Swim Strokes for Preschool and School Age
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Stage Descriptions:
4 / Stroke Introduction  Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.
5 / Stroke Development  Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.
6 / Stroke Mechanics  Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Specialty Classes and Programs
Swimmers who love the water and want further instruction for future aquatics activities enjoy participating in our Specialty Programs focused on leadership, competition, and recreation. We continually develop our specialty program curriculum. Please check the Y website for updates: www.ymca-ywca.org.

Home School Swim Club
This multi-level class is available to any home school student. Swimmers practice strokes, basic water safety and skills.