



Parent and Child Water Exploration

30 minute class-Ages:6-36 months-Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Level 1 Water Acclimation

45 minute class-Ages:3-5 years-Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Level 2 Water Movement

45 minute class-Ages:3-5 years-Encourages forward movement in water and basic self-rescue skills preformed independently.

Level 3 Water Stamina

45 minute class-Ages:4-9 years-Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Level 4 Stroke Introduction

45 minute class-Ages:6-12 years-Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke.

Level 5 Stroke Development

45 minute class-Ages:6-12 years-Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Level 6 Stroke Mechanics

45 minute class-Ages:7-13 years-Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Monday & Thursday Evening Lessons

Class Name	Time
Parent & Child	5:00pm-5:30pm
Level 1	5:30pm-6:15pm
Level 2	6:15pm-7:00pm
Level 3	7:00pm-7:45pm
Level 4	6:15pm-7:00pm
Level 5	7:00pm-7:45pm
Level 6	7:00pm-7:45pm

Saturday Swim Lessons

Class Name	Time
Parent & Child	9:00am-9:30am
Level 1	9:00 am-9:30am
Level 2	11:00am-11:45am
Level 3	10:15am-11:00am
Level 4	10:15am-11:00am

SWIM LESSON COST PER SESSION

Member: \$25

Nonmember: \$40

Bring a friend on the 4th swim lesson and receive a \$5.00 off coupon to use on your next session!

A	B	1	2	3	4	5	6
Water Discovery	Water Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics
Parent/Child	Parent/Child	Preschool or School Age	Preschool or School Age	Preschool or School Age	Preschool or School Age	School Age	School Age

Fall Swim Lesson Session Dates

September 6th– October 1st

Monday & Thursday Class

Member Registration Begins: August 23rd

Nonmember Registration Begins: August 30th

October 4th– October 29th

Monday & Thursday Class

Member Registration Begins: September 20th

Nonmember Registration Begins: September 27th

September 29th– November 17th

Saturday Class

Member Registration Begins: September 17th

Nonmember Registration Begins: September 24th

November 1st– November 29th

Monday & Thursday Class

No class November 22nd

Member Registration Begins: October 18th

Nonmember Registration Begins: October 25th

December 3rd– December 27th

Monday & Thursday Class

Member Registration Begins: November 19th

Nonmember Registration Begins: November 26th

Private Swim Lessons:

Individual lessons for children and adults.

- \$22 member per 45 minute session
- \$32 nonmember per 45 minute session

To schedule a private lesson contact

Karly Smith, Aquatics Director
419-784-4747 or ksmith@defianceymca.org



FUN
WITH A SPLASH OF
CONFIDENCE