



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS



## YMCA SWIM LESSONS

### Swim Lessons for All Ages

#### MAGIC VALLEY YMCA

Children will become stronger swimmers and more confident kids. The YMCA Swim Lesson program has eight (8) stages for children 6 months-12 years.

**Stages A & B (Swim Starters)** are parent & child lessons. Children will 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.

**Stages 1-3 (Swim Basics)** are for pre-school age and up. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills of - **Swim, Float, Swim** - sequencing front glide, roll, back float, roll, front glide, and exit and - **Jump, Push, Turn, Grab**.

**Stages 4-6 (Swim Strokes)** are for school age and older. 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 life time of physical activity.

#### SESSIONS

All classes are set up in eight (8) 30 or 40 minute classes.

#### CLASSES

Tuesday & Thursday afternoon/evenings		Cost/Member	Cost/Non Member
<b>Swim Starters: (Parent/Child)</b>	5:00-5:30 pm	\$32.00	\$46.00
<b>Swim Basics (3-6 yrs. old):</b>	5:30-6:00 pm	\$32.00	\$46.00
<b>Swim Basics (6-12 yrs. old):</b>	6:05-6:45 pm	\$42.00	\$62.00
<b>Swim Strokes (6-12 yrs. old):</b>	6:05-6:45 pm	\$42.00	\$62.00

#### PRIVATE & SEMI PRIVATE LESSONS

Private and Semi-Private lessons are available. You will get four (4) 30 minute classes per package.

#### MAGIC VALLEY YMCA

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[www.ymcatf.com](http://www.ymcatf.com)