



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STATELINE FAMILY YMCA

AQUATICS GUIDE

SEPT. 2024 - APR. 2025

statelineymca.org/aquatics



WE HAVE ALL THE FUN

For the past 120 years, Y's have offered swim lessons to the community. We have always been driven to be on the cutting edge of swim instructing; our lessons are designed to challenge, motivate, and provide focus on water safety and proper swimming technique.

A few benefits of Our Lesson Program are:

- Knowledgeable and trained swim instructors
- Small Class Size (Preschool & School Age Levels)

WHAT MAKES OUR PROGRAM DIFFERENT?

The goal of the YMCA swim lesson program is to develop the whole person – spiritually, mentally, and physically. Our teaching methods focus primarily on student-centered learning, increasing awareness of water safety, and assisting participants in perfecting skills to the best of their ability. The goal is to create a life-long interest in aquatic activities and promote a healthy lifestyle.

LESSON SELECTOR

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–12 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 in the water?

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 and 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**

*At the Y, we know families take a variety of forms. As a result, 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.

Questions? Contact Kim at kwaite@statelineymca.org.

STAGE DESCRIPTIONS



SWIM STARTERS

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.



A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



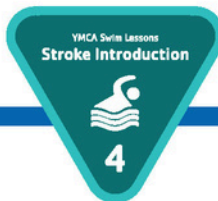
2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

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.



4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

4

NO DIVING



ENGAGE. TEACH. IMPACT.

Join a team that makes a true difference in the community.

We are always looking for Lifeguards and Swim Instructors. With flexible hours, a free membership, and fulfilling work, you can't go wrong at the Y!

statelineymca.org/jobs



PARENT/CHILD SWIM LESSONS



Fall Session 1: September 7 - October 19

Registration opens Aug. 12 for members, and Aug. 19 for non-members.

Fall Session 2: October 26 - December 7

Registration opens Sept. 30 for members, and Oct. 7 for non-members.

Winter Session 1: January 4 - February 15

Registration opens Dec. 2 for members and Dec. 9 for non-members.

Winter Session 2: February 22 - April 5

Registration opens Jan. 27 for members and Feb. 3 for non-members.

Spring Session: April 12 - May 24

Registration opens Mar. 17 for members and Mar. 24 for non-members.

Summer Session 1: June 7 - July 12

Registration opens May 12 for members and May 19 for non-members.

Summer Session 2: July 19 - August 23

Registration opens June 23 for members and June 30 for non-members.

ALL PARENT/CHILD CLASSES ARE HELD ON SATURDAY MORNINGS

Parent/Child A: 9:00 a.m. - 9:30 a.m.

Parent/Child B: 9:45 a.m. - 10:15 a.m.

Parent/Child A: 10:30 a.m. - 11:00 a.m.

PRESCHOOL & SCHOOL AGE SWIM LESSONS

FALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 - 9:30 am					Preschool 1 2 3
9:45 - 10:15 am					School Age 2 3 4 5 6
10:30-11:00 am		Preschool 1 2 3			Preschool 1 2 3 4 School Age 4 5 6
4:30 - 5:00 pm	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 5 6	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 4 5 6	
5:15 - 5:45 pm	School Age 1 2 3 4 5	School Age 2 3 4 5 Teen/Adult Intermediate Teen/Adult Advanced	School Age 1 2 3 4 5 6	School Age 2 3 4 5 6	
6:00 - 6:30 pm	Preschool 1 2 3 School Age 3 4	Preschool 1 2 3 School Age 2 3 4 Teen/Adult Beginner		Preschool 1 2 3 School Age 1 4	

SESSION DATES

Fall Session 1: September 7 - October 24

Fall Session 2: October 26 - December 12

Registration opens Aug. 12 for members, and Aug. 19 for non-members

MEMBER PRICE: \$58
NON-MEMBER PRICE: \$93

WINTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 - 9:30 am					Preschool 1 2 3
9:45 - 10:15 am					School Age 2 3 4 5 6
10:30-11:00 am		Preschool 1 2 3			Preschool 1 2 3 4 School Age 4 5 6
4:30 - 5:00 pm	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 5 6	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 4 5 6	
5:15 - 5:45 pm	School Age 1 2 3 4 5	School Age 2 3 4 5 Teen/Adult Intermediate Teen/Adult Advanced	School Age 1 2 3 4 5 6	School Age 2 3 4 5 6	
6:00 - 6:30 pm	Preschool 1 2 3 School Age 2 3 4	Preschool 1 2 3 School Age 2 3 4 Teen/Adult Beginner		Preschool 1 2 3 School Age 1 3 4	

SESSION DATES

Winter Session 1: January 4 - February 20

Winter Session 2: February 22 - April 10

Registration opens Dec. 2 for members, and Dec. 9 for non-members

MEMBER PRICE: \$58
NON-MEMBER PRICE: \$93

BUNDLE & SAVE

Save BIG with bundle pricing! Bundles are available in seasonal grouping and cannot be reconfigured (i.e., Fall 2 and Winter 1, etc.) and must be purchased by bundle deadlines listed below. Bundle pricing is available in-house only and is non-refundable. Bundle packages are not applicable to Parent/Child Lessons or Aquatic Conditioning for Teens.



Fall 1 and Fall 2

Member: \$100

Community Member: \$160

Register for both sessions by Sept. 14



Winter 1 and Winter 2

Member: \$100

Community Member: \$160

Register for both sessions by Jan. 11



Winter 1, Winter 2, and Spring

Member: \$150

Community Member: \$240

Register for all sessions by Jan. 11



Summer 1 and Summer 2

Member: \$90

Community Member: \$150

Register for both sessions by June 13

YEAR-ROUND FINANCIAL ASSISTANCE IS AVAILABLE AT
WWW.STATELINEYMCA.ORG/ASSISTANCE

AQUATIC CONDITIONING FOR YOUTH & TEENS

This is a great opportunity for children ages 8-16 to continue their development through group workouts led by an on-deck coach. Swimmers will get a glimpse of "swim team" environment while maintaining their swimming fitness level between seasons, or for those who want a fun experience staying active and fit.

Prerequisites:

- Level 6, or instructor approval
- Must have knowledge of the 4 competitive strokes, be able to swim 50 yards continuous Front Crawl and 25 yards Backstroke

MEMBER PRICE: \$70

NON-MEMBER PRICE: \$103

Participants meet Monday and Wednesday evenings from 6:30-7:30pm for four weeks each session.

Check our website for session dates
statelineymca.org/aquatics



WINTER WATERLAND

SWIM LESSONS

Join us for fun winter holiday themed swim lessons. These lessons are sure to be a great time! These lessons are intended for 3-5 year olds and 6-12 year olds.

DEC./JAN. **2024/2025**

- 23rd** Elfin' Around
- 26th** Reindeer Games
- 27th** Candy Cane Lane
- 30th** Countdown to the New Year
- 2nd** Noodles O' Fun
- 3rd** Scavenger Hunt

Registration will open December 1st for these fun-filled classes!



COST PER LESSON
MEMBERS: \$8
NON-MEMBERS: \$10

PRIVATE SWIM LESSONS

FOR ALL AGES

Visit statelineymca.org/aquatics for pricing and more information!

Stroke Development • Personal Growth • Customized Lessons



FUN WITH A SPLASH

WATER EXERCISE CLASSES

ACTIVITY POOL CLASSES

Mon., Tue., Wed., Thu.
8:15-9:00 am

LAP POOL CLASSES

Mon. & Wed.
9:00-9:45 am

S'WET

Tues. & Thurs.
5:45 - 6:30 pm

Check pool schedules at statelineymca.org/schedules for up-to-date information.
REGISTER FOR CLASSES THROUGH OUR YMCA360 APP!

TRAINED TO SAVE

BE A LEADER. BE A LIFEGUARD.

Lifeguard Certification Courses

LEARN:

- First-Aid
- CPR for the Professional Rescuer
- How to utilize an AED
- How to apply oxygen
- How to respond to an emergency in and out of the pool

QUESTIONS?

Contact Kim at kwaite@statelineymca.org
Visit statelineymca.org/aquatics to learn more!

MEMBER PRICE: \$225
NON-MEMBER PRICE: \$275



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY YOUR WISHES COME TRUE

LET US TAKE THE HASSLE AWAY.

Enjoy your child's next birthday party at the Y! All parties include a cheery party host that will assist with setup, party festivities, and clean up. Tablecloths and a YMCA birthday gift for the birthday child will also be provided.

COST
MEMBERS \$168
NON-MEMBERS \$248

*\$50 non-refundable deposit is required at registration. This fee will be deducted from the final amount.

WHAT'S INCLUDED?

- Party Attendant to assist throughout party and handle the clean-up!
- Shared pool use, including lifeguards
- Party room for birthday celebration
- Table coverings
- Special gift for the birthday child!



statelineymca.org/birthdayparties

HOMESCHOOL SWIM + SPORTS



HOMESCHOOL SWIM LESSONS

Members: \$58
Community: \$93

THURSDAYS: 1:00 – 1:45 PM

*includes a 15-minute free swim time

Certified instructors will offer personalized feedback, ensuring that each swimmer can progress at their own pace while fostering a supportive and encouraging environment.

SESSION DATES

- Session 1: September 12 – October 24
- Session 2: November 7 – December 19
- Session 3: January 9 – February 20
- Session 4: March 6 – April 17

HOMESCHOOL P.E.

Members: \$58
Community: \$93

THURSDAYS: 2:00 – 2:45 PM

These sports sessions aim to create a positive and engaging environment where youth can thrive, fostering a lifelong appreciation for health, fitness, and personal well-being.

COST*

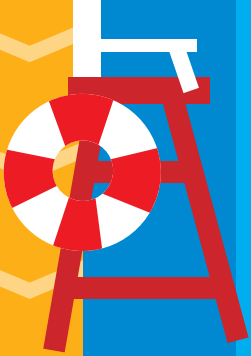
MEMBERS: \$58
COMMUNITY: \$93

*PER PROGRAM PER SESSION

2ND CHILD DISCOUNT: \$16 TOTAL OFF THE PRICE OF 2!



SAFE POOLS HAVE RULES



- Please do not enter the pool if you have a communicable disease or open cut.
- Do not bring food, drink, gum or tobacco into the pool or pool area.
- Please shower before entering the pool.
- Running and/or rough play in the pool area is not permitted.
- Animals are not permitted in the pool area.
- Diaper changing on the pool deck is prohibited.
- No glass or shatterable items in the pool area.
- Non-toilet trained children are required to wear swim diapers.
- Back flips, spins and running jumps are not permitted when entering the pool.
- Only coast guard approved personal floatation devices are permitted in the pool. We do not allow inflatables of any kind. Children who require the assistance of a floatation device must have an adult with them in the water and within arms reach at all times.
- Appropriate swim attire must be worn in the pool. (Street clothes are not permitted in the pool and shoes are not allowed on the pool deck.)
- Breath holding activities or prolonged underwater swimming is not permitted.
- The Hot Tub is for those who are aged 18 or older and we ask that you limit your usage to no more than 10 minutes.
- Height requirement for the slide is 48 inches.
- We do require a swim test for all youth under the age of 16, who are wanting to use the area along the back wall by the hot tub, the lily pad crossing and the current channel. Swim tests will need to be retaken daily. The swim test consists of treading water for 30 seconds and swimming front crawl, preferably with their face in the water for 25 yards.
- Swimmers should not stand on the spray jets in the splash area or climb on any of the spray features.
- The lifeguards have the ability to enforce any and all pool rules as they are there to keep everyone safe.

DURING FAMILY SWIM TIME:

Parents/Adults must be in the pool area with their children. Any child age 6 and under must have a parent/adult in the water with them - this includes the Splash Area of the pool.

DURING OPEN SWIM TIME:

Children under the age of 6 require a parent/adult in the water with them at all times; children ages 6-12 require a parent/adult to be either in the pool or on the pool deck at all times; ages 13 and above require no parent/adult.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY