



# STATELINE FAMILY YMCA AQUATICS GUIDE

APRIL - AUGUST 2025



## 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](mailto: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.

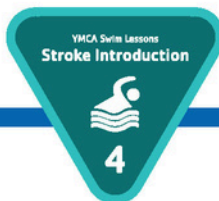


### 3 / WATER STAMINA

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.

# HERE FOR ALL

## FINANCIAL ASSISTANCE PROGRAM

### EVERYONE IS WELCOME

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our financial assistance program, Stateline Family YMCA provides assistance to youth, adults, and families based on individual needs and circumstances.

### LEARN MORE AND DOWNLOAD THE APPLICATION:

[statlineymca.org/financialassistance](http://statlineymca.org/financialassistance)



## PARENT/CHILD SWIM LESSONS

### 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.

### 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.

# SESSION DATES

## SPRING

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

### SESSION DATES

Spring Session: April 12 - May 29

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

No class on Memorial Day

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

## SUMMER

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

### SESSION DATES

Summer Session 1: June 7 - July 17

Summer Session 2: July 19 - August 28

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

MEMBER PRICE: \$50  
NON-MEMBER PRICE: \$80


**All dates and pricing are  
subject to change.**


**Save some money with our bundle  
pricing! Learn more on page 7.**

# 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.

 **Spring, Summer 1, and Summer 2**  
Member: \$140  
Community Member: \$230  
Register for all sessions by Apr. 18

 **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](http://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](http://statelineymca.org/aquatics)



# PRIVATE SWIM LESSONS

## FOR ALL AGES

Scan or visit [statalineymca.org/aquatics](https://statalineymca.org/aquatics) for pricing and more information

Stroke Development • Personal Growth • Customized Lessons

### POOL EGG HUNT

APRIL  
13

REGISTRATION  
OPENS MARCH 17TH!

#### EGG HUNT TIMES

9:00am-9:45am  
10:00am-10:45am  
11:00am-11:45am  
12:00pm-12:45pm  
1:00pm-1:45pm  
2:00pm-2:45pm

- Parent/Guardian must be in the water with children ages 6 and under
- Each swim time is limited to 30 children
- Each wave includes a 15-minute egg hunt followed by 30 minutes of family swim!

Please bring your own basket/bag to place pool side for your eggs

#### COST

Members:  
\$5 per child  
Community:  
\$10 per child

#### AGES

6 MONTHS  
THROUGH  
12 YEARS

[statalineymca.org/egghunt](https://statalineymca.org/egghunt)





# 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](http://statelineymca.org/schedules) for up-to-date information.  
REGISTER FOR CLASSES THROUGH OUR YMCA360 APP!

# 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 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!**





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 \$150**  
**NON-MEMBERS \$225**

\*\$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](http://statelineymca.org/birthdayparties)

# TRAINED TO SAVE

## BE A LEADER. BE A LIFEGUARD.

### Lifeguard Certification Courses

#### LEARN:

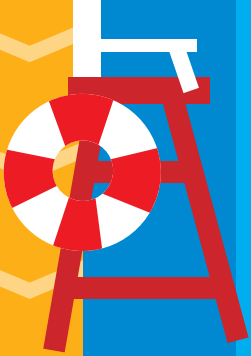
- First-Aid
- CPR for the Professional Rescuer
- How to utilize an AED
- How to apply oxygen
- How to respond to an emergency in and out of the pool

#### QUESTIONS?

Contact Kim at [kwaite@statelineymca.org](mailto:kwaite@statelineymca.org)  
Visit [statelineymca.org/aquatics](http://statelineymca.org/aquatics) to learn more!

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

# 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.



Be sure to check our website for our Pool Schedules at [statlineymca.org/schedules](http://statlineymca.org/schedules)

