



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUMP RIGHT IN

## GRAND RIVER AREA FAMILY YMCA Swim Lessons Schedule

2020 Session 1: January 6 - February 22 (7 Weeks)

### Beginner Level Classes

#### Water Discovery & Exploration

**Designed for children ages 6 months to 3 years.** 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.

**Tuesday 5:00 - 5:30 pm**  
Fee: \$35 Members / \$56 Program Participants

#### Level 1 - Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Tuesday & Thursday 5:30 - 6:15 pm**  
Fee: \$70 Members / \$112 Program Participants

#### Level 2 - Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

**Tuesday & Thursday 6:15 - 7:00 pm**  
Fee: \$70 Members / \$112 Program Participants

#### Level 3 - Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages

**Tuesday & Thursday 7:00 - 7:45 pm**  
Fee: \$70 Members / \$112 Program Participants

### Other Classes

#### Adult Swim Lessons (18 and Older)

The YMCA is here to help you learn how to swim at any age! Whether you are starting from the beginning or you are looking to improve your strokes, we are here to help you learn how to swim confidently in a comfortable and supportive environment.

**Available upon request.**

#### Semi-Private Swim Lessons

One-on-one swim lessons with a trained swim instructor are available beginning at age 3. Each 30-minute session is scheduled between the instructor and the participant.

**Available upon request.**  
Fee: \$18 Members / \$36 Program Participants  
Prices are per half hours.

#### Swim Team Practice - Begins February 4

**Tuesday & Thursday 3:30 - 5:00 pm**

**The Y can provide a quick swim evaluation during the first day of each swim session to ensure correct level placement for your child's best learning environment.**

To receive text alerts concerning pool schedule reminders, changes, and updates, please text **@grypool** to **81010**.