



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING FOR ALL!

A/B PARENT CHILD 6 MONTHS- 2 YRS

PRESCHOOL (P) LESSONS AGES 3-5

SCHOOL AGE (S) LESSONS AGES 6-12

ADULT LESSONS AGES 16-99

Adaptive Lessons

Adaptive swim lessons use techniques that place emphasis on swimming skills to accommodate individual abilities, needs, and goals, regardless of age. Lessons are created for, but not limited to, those with physical, sensory, communication or behavior challenges.

Adult Lessons

If you are over the age of 16 and looking to learn to swim, this class is for you! Learn to better protect yourself and others around the water in this 6-week program, meeting once a week. Students will learn basic in water skills like floats and strokes, as well as water safety.

Please contact our Director of Aquatics, Logan Thoreson with any questions or concerns at lthoreson@duluthymca.org or 218-241-8008 ext. 524

Morning Lessons- YMCA at the Essentia Wellness Center

TIME	Monday	TIME	Wednesday
9:10- 9:40 A.M.	1P Water Acclimation	9:10-9:40 A.M	A/B Parent and Child
		9:10-9:50 AM	3S Water Stamina
9:50- 10:20 A.M.	2P Water Movement	9:50-10:20 A.M.	1P Water Acclimation
		10:00- 10:40 AM	4S Stroke Introduction
10:30- 11:00 A.M.	3P Water Stamina	10:30- 11:00 A.M.	2P Water Movement
		10:50-11:30 AM	5S Stroke Introduction
TIME	Saturday		
9:30-10:00 A.M.	A/B Parent and Child		
9:30-10:00 A.M.	1P Water Acclimation		
10:10- 10:40 A.M.	2P Water Movement		
10:10- 10:50 A.M.	2S Water Movement		
10:50- 11:20 P.M.	1P Water Acclimation		
11:00- 11:40 P.M.	3S Water Stamina		

PRICES:
Member: \$58.50
Non-member: \$99.50
*Only family memberships qualify for lower prices

SUMMER I SESSION:
June 10th - July 20th
SUMMER II SESSION:
July 21st - August 30th
Lessons meet once per week for 6 weeks

REGISTRATION
YMCA members: May 20th
Community members: May 27th
OPENS at 12pm!

PARENT & CHILD		SCHOOL AGE, TEEN & ADULT					
A	B	1	2	3	4	5	6
Water Discovery	Water Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics
SWIM STARTERS Swim readiness skills		SWIM BASICS Recommended skills for all to have around water			SWIM STROKES Skills to support a healthy lifestyle		

Evening Lessons- YMCA at the Essentia Wellness Center

TIME	MONDAY	TUESDAY	TIME	WEDNESDAY	THURSDAY
4:30-5:00 P.M.	A/B Parent and Child	A/B Parent and Child 4:30- 5:00 P.M.	4:30-5:00 P.M.	A/B Parent and Child	1P/ Water Acclimation 4:30- 5:00 P.M.
4:30-5:00 P.M.	2P/ Water Movement		4:30-5:00 P.M.	1P/ Water Acclimation	
4:30-5:00 P.M.	2P/ Water Movement	1S/ Water Acclimation 4:30- 5:10 P.M.	4:30-5:00 P.M.	2P/ Water Movement	2S/ Water Acclimation 4:30- 5:10 P.M.
4:30- 5:10 P.M.	1S/ Water Acclimation		4:30-5:10 P.M.	3S/ Water Stamina	
5:10-5:40 P.M.	A/B Parent and Child	3S/ Water Movement 4:30- 5:10 P.M.	5:10-5:40 P.M.	A/B Parent and Child	3S/ Water Stamina 4:30- 5:10 P.M.
5:10-5:40 P.M.	1P/ Water Acclimation		5:10-5:40 P.M.	1P/ Water Acclimation	
5:10-5:40 P.M.	2P/ Water Movement	2S/ Water Movement 5:10- 5:50 P.M.	5:10-5:40 P.M.	2P/ Water Movement	2P/ Water Movement 5:10- 5:40 P.M.
5:20-6:00 P.M.	4S/ Stroke Introduction		5:20-6:00 P.M.	4S/ Stroke Introduction	
5:45- 6:15 P.M.	1P/ Water Acclimation	3S/ Water Movement 5:20- 6:00 P.M.	5:45- 6:15 P.M.	2P/ Water Movement	3S/ Water Stamina 5:20- 6:00 P.M.
5:45- 6:15 P.M.	2P/ Water Movement		5:45- 6:15 P.M.	2S/ Water Movement	
5:45- 6:25 P.M.	3S/ Water Stamina	4S/ Stroke Introduction 5:20- 6:00 P.M.	5:45- 6:25 P.M.	1S/ Water Acclimation	4S/ Stroke Introduction 5:20- 6:00 P.M.
6:05- 6:45 P.M.	4S/ Stroke Introduction		6:05- 6:45 P.M.	5S/ Stroke Development	
6:20- 6:50 P.M.	3P/ Water Stamina	Adaptive Lessons 6:05 - 6:40 P.M.	6:20- 6:50 P.M.	3P/ Water Stamina	Adult Lessons 5:15 - 5:55 P.M.
6:30- 7:10 P.M.	2S/ Water Movement		6:30- 7:10 P.M.	2S/ Water Movement	
6:35- 7:15 P.M.	3S/ Water Stamina		6:35- 7:15 P.M.	3S/ Water Stamina	
6:50- 7:30 P.M.	5S/ Stroke Development		6:50- 7:30 P.M.	6S/ Stroke Mechanics	