### GEauga Family Ymca Otter Swim School

**Fall 2: November 4 – December 22**

No lessons 11/29, 11/30, 12/1 (Thanksgiving weekend)

<table>
<thead>
<tr>
<th>A - Water Discovery</th>
<th>B - Water Exploration</th>
<th>1 - Water Acclimation</th>
<th>2 - Water Movement</th>
<th>3 - Water Stamina</th>
<th>4 - Stroke Introduction</th>
<th>5 - Stroke Development</th>
<th>6 - Stroke Mechanics</th>
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<tr>
<td>Introduces infants and parents, using songs and games, to basic skills and water safety.</td>
<td>Introduces toddlers/ preschoolers and parents, using songs and games, to basic skills, lesson structure &amp; water safety in preparation to be in our learn to swim program.</td>
<td>Beginner: Focus on safety, learning to &quot;ask&quot;, enter/exit pool safely, front/back float with help, roll from front to back with help, front/back glide with help. 20 min. of lessons with 10 min. of structured play</td>
<td>Adv. Beginner: Focus on safety, learning to &quot;ask&quot;, enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerge, tread water</td>
<td>Intermediate: Focus on safety, learning to &quot;ask&quot;, introduction to front crawl &amp; back crawl, perfect roll from front to back, tread water for 1 minute, retrieve object in chest deep water Interim</td>
<td>Intermediate: Focus on swimming proficiently, front &amp; back crawl for 25 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, kneeling dive, Students completing this level will be ready for the Otters Swim Team</td>
<td>Advanced: Focus on swimming proficiently, front &amp; back crawl for 25 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, standing dive, Students completing this level will be ready for the Otters Swim Team</td>
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#### Swim Lesson Policies:

- **Age Swimmers:**
  - **Ages 6 – 24 mo.**
  - **Ages 2-4**
  - **Ages 3-5**
  - **Ages 6-12**
  - **Y**- **Ages 6-12**

- **Description**
  - **Parent/Child**:
    - **Parent/Child**
    - **Parent/Child**
    - **Parent/Child**
    - **Parent/Child**

- **Schedule**
  - **M**
  - **T**
  - **W**
  - **Th**
  - **F**
  - **Sa**
  - **Su**

### Price per lesson:

- **Plus Member/Member/Program Member**
  - Parent/Child: $2.50/5/10
  - Levels 1 - 4: $4/8/16
  - Adults: $4/8/16
  - Levels 5 - 6: $4.50/9/18

- **Private Lessons:**
  - Available in 5 packs ($90/member) or 10 packs ($162/member)
  - Other options available. See the front desk for information.

**Swim Team:** [www.goswimming.org](http://www.goswimming.org) for more info

Fall Team begins the week of September 17

**Adults:** Advanced/Technique- Wednesdays, 8:15-9:00pm

**Swim Team:** www.goswimming.org for more info

Fall Team begins the week of September 17

*This schedule is subject to change at any time.*