



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

# SWIM LESSON GUIDE

WINTER 2022/23

## CONTACT

708 NORTH COALTER STREET,  
STAUNTON

540-885-8089

Beth Valentine, Aquatics  
Director

[beth@saymca.org](mailto:beth@saymca.org)

## SWIM LESSON IMPORTANT INFORMATION:

- Registration must be done in person with payment during the registration window
- Please register on waitlist if class is full. Additional classes may be added at any time as space/instructors are available; based on four or more swimmers.
- A 10% discount is given for siblings in the same session. The Aquatics Director has the right to ask classes with not enough participants to combine with another at a different time, or if that is not possible, has the right to cancel a class and offer a refund/system credit.
- A minimum of three students for Preschool and Youth classes and four for parent/child classes is required to hold class.
- If you are new to our program and your child had some existing swim skills, please fill out a FREE Swim Evaluation Request form at the front desk. An instructor will assess their skills for proper placement. Registration for classes beyond Pike and Polliwog level are restricted to returning students or new students who have completed a skills evaluation. Please submit your evaluation form one week before it is needed for class registration.
- If a student is registered for a class inappropriate to their skill level, the swimmer will be moved, if space allows, or given a credit toward future lessons. no refunds are given once a session has started unless approved by the Aquatics Director.

# SWIM LESSONS

AGES 3 - 12 years

## Session/Registration Dates:

### TUESDAY/THURSDAY

Nov. 15 - Dec. 15

\*No class Nov. 22/24

Member Registration:

Nov. 3 (5 PM) - 11

Non-member Reg:

Nov. 4 - 11

Jan. 10 - Feb. 2

Member Registration:

Dec. 10 (5 PM) - Jan. 6

Non-member Reg:

Dec. 16 - Jan. 6

Feb. 14 - March 9

Member Registration:

Feb. 3 (5 PM) - 10

Non-member Reg:

Feb. 4 - Feb. 10

### SATURDAY

Jan. 7 - Feb. 11

Member Registration:

Dec. 10 - Jan. 4

Non-member Reg.

Dec. 11 - Jan. 4

Feb. 25 - April 1

Member Registration:

Feb. 11 - 22

Non-member Reg.

Feb. 12 - 22

# PARENT/CHILD LESSONS

AGES 6 months to 3 years

Parent/Child classes will teach youngest swimmers basic skills through games and activities.

**PARENT/CHILD 1:** This class is specifically designed for infants and toddlers with their parent. Lessons introduce parent/child teams to the aquatic environment through water exploration with songs, games, and rudimentary propulsive movements. Emphasis is placed on basic safety and enjoyable experiences for both parents and children.

**PARENT/CHILD 2:** This class is designed to build on basic introductory skills covered in Parent/Child 1. Parent/Child 2 is recommended for Parent/Child pairs who have already taken our Parent/Child 1 class and are looking for more skill development. This class is also recommended for Parent/Child pairs whose children may not meet the height/age requirement at the start of Pike level class.

### SATURDAY

Jan. 7 - Feb. 11

Member Registration: Dec. 10 - Jan. 4

Non-member Reg: Dec. 11 - Jan. 4

Feb. 25 - April 1

Member Registration: Feb. 11 - 22

Non-member Reg: Feb. 12 - 22

**PARENT/CHILD 1**  
(6 mo - 2 y/o)

9:15 - 9:55 AM

**PARENT/CHILD 2**  
(2 - 3 y/o)

10:05 - 10:45 AM

## Preschool (3-5 y/o):

Preschool Aquatics is a progressive program that involves five components: personal growth, personal safety, stroke development, water sports and games, and rescue skills.

**PIKE:** This class is for the child who has had little to no prior water experience and/or is hesitant about going underwater. Lessons develop swimming readiness through activities to build a child's comfort level and self-confidence in the water.

**EEL:** Must complete all Pike levels.

### TUESDAY/THURSDAY

#### PIKE:

4:40 - 5:10 PM

5:20 - 5:50 PM

6:00 - 6:30 PM

#### EEL:

4:40 - 5:10 PM

5:20 - 5:50 PM

### SATURDAY

#### PIKE:

9:15 - 9:55 AM

10:05 - 10:45 AM

10:55 - 11:35 AM

11:45 AM - 12:25 PM

#### EEL:

10:55 - 11:35 AM

11:45 AM - 12:25 PM

## Youth (6-12 y/o):

The YMCA Youth swim program is a progressive program that involves five components: personal growth, personal safety, stroke development, water sports and games, and rescue skills.

**POLLIWOG:** This class is an introductory class that teaches breath control, efficient kicking on both front and back, effective arm pulls, treading water, and safety.

**GUPPY:** Must complete all Polliwog levels.

### TUESDAY/THURSDAY

#### POLLIWOG:

4:40 - 5:10 PM

5:20 - 5:50 PM

6:00 - 6:30 PM

6:40 - 7:10 PM

#### GUPPY:

6:00 - 6:30 PM

6:40 - 7:10 PM

### SATURDAY

#### POLLIWOG:

9:15 - 9:55 AM

10:05 - 10:45 AM

10:55 - 11:35 AM

11:45 AM - 12:25 PM

#### GUPPY:

9:15 - 9:55 AM

10:05 - 10:45 AM

# PRIVATE LESSONS

ALL AGES YOUTH AND ADULT

Please fill out and submit a private lesson application available at the front desk or online at [saymca.org](http://saymca.org) to schedule 30-min lessons. Receive 15% off when purchasing four or more lessons.

\*Due to a shortage of swim instructors, the waitlist for Private Lessons may be several months.

### PRIVATE Lesson Fees:

\$22 Member; 2nd child \$17

\$34 Non-Member; 2nd child \$29

### SEMI-PRIVATE Lesson Fees:

\$15 Member; 2nd child \$13

\$24 Non-Member; 2nd child \$22



### GROUP Lesson Fees:

\$50 Member / \$65 Non-Member