



SWIM LESSONS

AT THE

AUBURN YMCA

Classes held Mon.-Thurs.

Session I : Sept. 14-24

Registration Dates: **Now until Sept. 10**

Session II : Sept. 28- Oct. 8

Registration Dates: **Sept. 19-24**



Program Fees:

Session Fees	Y Member	Y-Family Member	General Public
Swim Starters	\$40	\$20	\$80
Preschool	\$50	\$25	\$100
School Age	\$50	\$25	\$100

TO REGISTER CALL THE AUBURN YMCA AT 315-253-5304 OR SIGN-UP ONLINE AT WWW.AUBURNYMCA.ORG

SWIM LESSON SELECTOR

All children are tested on the first day of classes, if your child needs to move to another class the instructor will inform you.

Under 3

If your child has never taken lessons at the Y before please sign them up for:
Swim Starters, Water Discovery (A)

Ages 3-5

If your child has never taken lessons at the Y before please sign them up for:
Preschool Lessons, Water Acclimation (1)

SWIM STARTERS AGES 6 MON.-3 YRS

Lessons 30 min. Adult must accompany child in water.

A. Water Discovery 10:00-10:30 am or 5:00-5:30 pm

B. Water Exploration 10:00-10:30 am or 5:00-5:30 pm

PRESCHOOL LESSONS AGES 3-5 YEARS

1. Water Acclimation 10:00-10:30 am or 3:00-3:30 pm

2. Water Movement 11:00-11:30 am or 3:00-3:30 pm

3. Water Stamina 12:00-12:30 pm or 3:00-3:30 pm

4. Stroke Introduction 12:00-12:45 pm or 3:00-3:45 pm

SWIM FREE...is your child 7???

Thanks to the generosity of our members & their support of our Annual Support Campaign, we are able to offer seven year olds FREE SWIM LESSONS at the Y. If a child is seven years old during any portion of the swim session, then that child is eligible to participate in swim lessons for FREE!

For more information contact Aquatics Director: Erin Johnson, 315-253-5304 ext. 1012 or erinj@auburnymca.net

SCHOOL AGE LESSONS...AGES 6-12 YRS

1. Water Acclimation 4:00-4:30 pm

2. Water Movement 4:00-4:30 pm

3. Water Stamina 5:00-5:30 pm

4. Stroke Introduction 4:15-5:00 pm

5. Stroke Development 4:15-5:00 pm

6. Stroke Mechanics 4:15-5:00pm



PRIVATE LESSONS AVAILABLE BY APPOINTMENT

SWIM LESSON POLICIES:

Each participant will get an assigned space for changing and showering purposes the 1st night of lessons.

***Water Discovery & Water Exploration:** participant is allowed one parents/guardian in the water with their child.

***Preschool Classes:** parent/guardian can stay & watch the lesson. They will be asked to wear a mask & bleachers will be marked to determine that people are 6 ft. apart.

***School Age Classes:** parent/guardian are allowed in the building with participant to help them get situated. Once the lesson starts we are asking that adult leave and not stay in the pool area.

***Emerson Pool:** enter through the main entrance and exit the building using the Westlake Rd. exit located at the back of the Emerson Pool. If someone is staying to workout, we ask that they wait until the class starts and then they can exit using the main entrance of the pool.

***AR Pool:** enter and exit, through the main doors. There will be "x" spots for parents to sit & maintain social distance guidelines.