



# Mesabi Family YMCA Aquatics

## Swim Lesson Program

January 2018 – May 2018



**Swim Starters A & B – Thursdays**  
4:15pm-4:45pm or 4:45pm-5:15pm

**Swim Lessons I-VI**  
Tuesday and Thursday  
5:30pm-6:15pm or 6:30pm-7:15pm

**Pathways**  
Tuesday and Wednesday  
4:30pm-5:15pm

### Starters / Lessons / Pathways

Family Member	\$20 / \$40 / \$20
Youth Member	\$25 / \$50 / \$30
Non-Member	\$30 / \$60 / \$40

**Register Online:**  
[www.mesabiymca.org](http://www.mesabiymca.org)

### Swim Starters A & B (Thursday only classes)

<u>Course Dates :</u>	<u>Online Registration (open)</u>
February 1-22	open
March 1-22	open
April 5-26	open
May 3-24	open

### Swim Lessons Levels I – VI and Pathways

<u>Course Dates :</u>	<u>Online Registration (5am) :</u>
February 6-22	January 29
March 6-22	February 26
April 3-19	March 26
May 1-17	April 23

## **Program Descriptions :**

### **Swim Starters**

#### **Levels A & B**

#### **Parent and Child Swim Lessons**

In class infants and toddlers will learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences all while parents learn about water safety, drowning prevention and the importance of supervision. Organized as 4 classes, held 1 day a week. Schedule available on website.

**Requirements : Ages 6 Months to 3 Years. An adult parent, guardian, or caregiver is required to accompany each child in the water and participate in class.**

### **Swim Lessons**

#### **Levels 1-6**

Traditional class organized swim lessons offering youth the opportunity to learn and practice new swimming skills and feel a sense of achievement from mastering something that they can enjoy the rest of their lives. Kids become more comfortable and secure around water as they learn water safety and improve their swim skills. Class size is limited to a 6:2 student to instructor ratio.

**Requirements : Ages 4 Years and Up**

### **Pathways**

Specialized swim tracks for youth. Pool time for students to build confidence, cultivate their passion, and stay active through specialized swim instruction including: swim team training, preparation for lifeguard or junior guard training, and developing healthy living skills through swim fitness.

**Requirements : Participants must pass Level VI Stroke Mechanics lessons or confidently demonstrate Level VI swimming skills on their first day attending.**

### **Private Swim Lessons**

Private lessons offer individualized instruction for all skill levels and all ages. With a 1:1 student to instructor ratio, we can personalize your swim training to meet your needs and goals. Classes are arranged between you and the instructor offering customized scheduling that fits your life.