

2021 Fall Sessions

Session 9: 8/30 - 9/25*

*No Class 9/4 and 9/6; Pro-rated

Session 10: 9/27 - 10/23

Session 11: 10/25 - 11/20

Registration dates open two weeks before the start of each session and close at 5pm on the Saturday before each session.

Session 9 registration: 8/20 - 8/28

Session 10 registration: 9/13 - 9/25

Session 11 registration: 10/11 - 10/23

Mon/Wed | Tue/Thu (8 lessons)

30 minute lessons (stages A - 3)

Y-member: \$35* | \$40

Non-member: \$65* | \$70

40 minute lessons (stages 4 - 6)

Y-member: \$45* | \$50

Non-member: \$75* | \$80

Saturday (4 lessons)

30 minute lessons (stages A - 3)

Y-member: \$20* | \$25

Non-member: \$35* | \$40

40 minute lessons (stages 4 - 6)

Y-member: \$30* | \$35

Non-member: \$40* | \$45

Fee includes a \$5 non-refundable deposit. The YMCA reserves the right to combine and or cancel classes as necessary.

Questions? Please email or call Brock Willis at bwillis@grantspassymca.net or 541-474-0001

Private & Semi Private lessons

-Currently only available for members-

◆ Private lessons are one student per Instructor. Instruction works at the student's own pace and unique capabilities.

30 minute lesson		45 minute lessons
(1) Lesson \$20		(1) Lesson \$30
(5) Lessons \$75		(5) Lessons \$115
(10) Lessons \$130		(10) Lessons \$175

◆ Semi Private lessons are approx. two students per instructor, (ex. Siblings, family members or close friends.) Instruction works at the students own pace, and their unique capabilities.

30 minute lesson		45 minute lessons
(1) Lesson \$15		(1) Lesson \$20
(5) Lessons \$60		(5) Lessons \$80
(10) Lessons \$100		(10) Lessons \$160

*Prices are per student

Please call for instructor availability and scheduling first before payment.



FALL SWIM LESSONS 2021



Grants Pass Family YMCA

1000 Redwood Ave

Grants Pass OR 97527

541-474-0001

www.grantspassymca.org



CLASS SCHEDULE

MON/WED EVENING CLASSES

Preschool

Stage A: Water Discovery	5:30pm
Stage B: Water Exploration	5:30pm
Stage 1: Water Acclimation	4:00pm
Stage 2: Water Movement	4:45pm
Stage 3: Water Stamina	6:15pm
Stage 4: Stroke Introduction	6:15pm

School Age

Stage 1: Water Acclimation	4:00pm
Stage 2: Water Movement	4:45pm
Stage 3: Water Stamina	5:30pm

TUES/THURS EVENING CLASSES

Preschool

Stage 1: Water Acclimation	4:00pm
Stage 2: Water Movement	4:45pm
Stage 3: Water Stamina	5:30pm

School Age

Stage 3: Water Stamina	4:00pm
Stage 4: Stroke Introduction	4:45pm
Stage 5: Stroke Development	5:30pm
Stage 6: Stroke Mechanics	5:30pm

SATURDAY MORNING CLASSES

Preschool

Stage A: Water Discovery	9:45am 11:15am
Stage B: Water Exploration	9:45am 11:15am
Stage 1: Water Acclimation	9:00am 10:30am
Stage 2: Water Movement	9:45am 11:15am
Stage 3: Water Stamina	9:00am 10:30am
Stage 4: Stroke Introduction	9:45am

School Age

Stage 1: Water Acclimation	9:45am 11:15am
Stage 2: Water Movement	9:00am 10:30am
Stage 4: Stroke Introduction	11:15am
Stage 5: Stroke Development	9:00am 10:30am
Stage 6: Stroke Mechanics	9:00am 10:30am

SWIM STARTERS

STAGE A-WATER DISCOVERY | 30-minutes |

Parents accompany children in the class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about water.

STAGE B-WATER EXPLORATION | 30-minutes |

Parents are guided to work with their child to explore body positions, floating, blowing bubbles, fundamental safety and aquatic skills.

SWIM BASICS

STAGE 1 - WATER ACCLIMATION | 30-minutes |

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

STAGE 2 - WATER MOVEMENT | 30-minutes |

Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

STAGE 3 WATER STAMINA | 30-minutes |

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

SWIM STROKES

STAGE 4 STROKE INTRODUCTION | 40-minutes |

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the front crawl and back crawl strokes. They are introduced to components of the breaststroke and butterfly strokes and practice safety techniques in deep water.

STAGE 5 STROKE DEVELOPMENT | 40-minutes |

Students continue to work on their stroke technique and all major competitive strokes are introduced. Swimmers will develop stamina in the frontcrawl and backcrawl strokes, learn the breaststroke and butterfly strokes and build endurance in their techniques for deep water safety.

STAGE 6 STROKE MECHANICS | 40-minutes |

Students refine their stroke technique on all major competitive strokes and learn about competitive swimming. Swimmers will develop endurance in the competitive strokes, learn skills related to competitive swimming like racing starts and flip turns, enhance their techniques and build endurance in deep water.

STRONG SWIMMERS CONFIDENT KIDS!