



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

UNION COUNTY FAMILY YMCA

YMCA SWIM LESSONS

Session Schedule

Winter I: January 2 – February 26

Winter II: February 27 – April 30

Spring: May 1 – June 25

*Summer: July 10 – August 6 / August 7 – September 3

Fall I: September 4 – October 29

Fall II: October 30 – December 24

All swim lessons follow our session schedule and are held once a week for a total of eight weeks of 30 minute lessons.

*Please note Summer Session swim lessons are held once a week for a total of four weeks of 30 minute lessons.

TUESDAY SWIM LESSONS

*LTS 1 5:30PM
*PSA 1 6:05PM
*Parent/Child 6:35PM
*PSA 2 7:05PM
LTS 2 & 3 7:40PM

WEDNESDAY SWIM LESSONS

*LTS 1 5:30PM
*PSA 1 6:05PM
*Parent/Child 6:35PM
*PSA 2 7:05PM
LTS 2 & 3 7:40PM

SATURDAY SWIM LESSONS

LTS 3 9:00AM
LTS 2 9:30AM
*LTS 1 10:00AM
*PSA 2 10:35AM
*PSA 1 11:05AM
*Parent/Child 11:35AM

*An adult or guardian is required to be in the water during each lesson with the exception of LTS 2 & 3

**Program Fees: YMCA MEMBERS: \$79/PER 8 WEEK SESSION
NON MEMBERS: \$111/PER 8 WEEK SESSION**

**OUR TIMES DON'T WORK? We have private swim lessons to fit your busy schedule!
Stop by the Welcome Desk and ask for a Private Swim Lesson Request Form.**

REGISTER

ONLINE: www.unioncountyyymca.org, click "Register Now", "Program Search"

CALL: 937.303.9285

IN PERSON: At Welcome Desk

CONTACT: Allie at aweate@unioncountyyymca.org

Union County Family YMCA
1150 Charles Lane
Marysville, Ohio 43040
937-303-9285

www.unioncountyyymca.org



SWIM LESSON DESCRIPTIONS

PARENT/CHILD

Age 6-36months

Parent and child perform activities based on the developmental abilities of the child. This play-date in the water allows children to explore the water in a fun and social way. The class is taught through songs and games to develop a trust and enjoyment of water.

In-water parent participation is required.

PRESCHOOL SWIMMERS

AGES 3-5

PSA 1 Beginner

Children in this class will be supported by an instructor. They'll learn to:

- put their face in the water
- enter pool using ramp or steps
- blow bubbles for 3 seconds
- exit water
- Front glide 2 body lengths, then roll to back float and hold 3 seconds.

In-water parent participation is required.

PSA 2 Beginner Intermediate

For children who PASSED PSA 1, they'll learn:

- submerging head in water 5 times
- Front glide 2 body lengths, roll to back and float 15 seconds.
- Glide on back 2 body lengths and roll to front
- Front swim 3 body lengths, roll to 15-sec back float and continue front swim 3 body lengths

In-water parent participation is required.



YOUTH SWIMMERS

AGE 6 or OLDER

LTS 1 Beginner

For children who have little swimming experience. Child will learn how to:

- travel 5 yards or more
- bob 5 times and exit pool independently
- Front glide 2 body lengths, roll to back float and hold 5 seconds.

This class may need to be repeated several times.

In-water parent participation is required.

LTS 2 Beginner Intermediate

For children who PASSED LTS 1 and/or PSA 2

who are able to fully submerge their head 10 times. They'll learn how to:

- Tread or float 15 second
- swim 5 body lengths & exit pool without support
- Front glide 5 body lengths, then roll to back float and hold 15 seconds

LTS 3 Intermediate

For swimmers who PASSED LTS 2; they'll learn:

- Jump into deep water and recover
- tread or float 1 minute
- make full body turn, orient to exit point
- swim front crawl or elementary back stroke 25 yards, then exit pool.
- Push off in streamline, forward swim 15 yards, change position and direction
- swim elementary backstroke 15 yards, exit pool

LTS 4 & Above Advanced

Recommended for UCY Hurricanes Non-Competitive Swim Team or UCY Hurricanes Swim Team

ADULT Beginner

For adults (18yrs or older) to help encourage and develop swimming skills.

PRIVATE LESSONS

A YMCA instructor will work one-on-one with your child to teach the skills they need for a lifetime of aquatic safety and fun. This is a great way to give your child the individual attention they need.

Private Lesson Package Options

- Five 45-minute lessons, ages 10+
- Seven 30-minute lessons, ages 9 and younger

Cost/package	YMCA Members	Non-Members
Single child	\$190	\$265
2 Family Members	\$240	\$315
3 Family Members	\$315	\$390