



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO SWIMMING



NEW!!

HOMESCHOOL SWIM LESSONS

Session Schedule

Fall I: September 3 – October 27

Fall II: October 28 – December 22

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

NEW!!

TUESDAY HOMESCHOOL SWIM LESSONS

LTS 2	8:00AM
*LTS 1	8:30AM
*PSA 1	11:00AM



***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: \$90/PER 8 WEEK SESSION

NON MEMBERS: \$125/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 6-36 months

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	\$200	\$275
2 Family Members	\$250	\$325
3 Family Members	\$325	\$400
4+ Family Members	\$400	\$475