



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

East Orange Y Swim Lessons 2019-2020 Sep 3 – Jun 20

Updated 8/26/19

SWIM STAGES

1 – WATER ACCLIMATION

Increases comfort with underwater exploration and Introduces basic self-rescue skills performed with assistance

2 – WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently

3 – WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages

4 – STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

5 – STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

6 – STROKES MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

SCHEDULE

Adult Swim Instruction

(13 yr +)

Sat 12:20pm-1pm

Adults will explore ways to become more comfortable in the water and learn life-saving swim skills. It's never too late to start!

Preschool (3-5 yr old)

STAGE 1-2

Sat 10am-10:30am

Wed 5pm-5:30pm

STAGE 3-4

Thu 5pm-5:30pm

School Age (6-12 yr old)

STAGE 1-2

Sat 10:40am-11:20am

Wed 5:40pm-6:20pm

STAGE 3-4

Sat 11:30am-12:10pm

Wed 6:30pm-7:10pm

STAGE 5-6

Thu 5:40pm-6:20pm

Group Swim Lesson Price:

\$6.25/class

Private Swim Lessons

\$25/lesson

Can be scheduled at your convenience during any of the open swim times in the right column. Please email sweber@metroymcas.org to inquire about lessons.

1 child: \$25/lesson

2 children: \$30/lesson

Family Swim Time

Fri 5:30pm – 7:00pm

Important Pool Rules:

- All members must show membership card to gain access to the building.
- All members must shower before entering the pool.
- Weak swimmers, or children under the age of 7 MUST be accompanied by an adult IN THE WATER.

Policies:

- ☀ **Make-up Classes:** Only provided with a doctor's note verifying a medical reason for the absence.
- ☀ **Evaluations:** Evaluations will be held regularly as a part of the swim curriculum. If your child progresses, we will provide you with alternative class times if necessary.
- ☀ **Credits:** Must be requested within 10 days of an absence.
- ☀ **Cancellations:** Must be requested 30 days prior to your draft date.

EAST ORANGE YMCA

100 North Arlington Avenue, East Orange NJ 01017

P 973 673 5588 F 973 673 6415 www.eastorangeymca.org

Scott Weber

Director of Aquatics

sweber@metroymcas.org



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Dates swim lessons will not be running

November

- Thursday, November 28 - Thanksgiving

December

- Wednesday, December 25 - Christmas Day
- Thursday, December 26
- Saturday, December 28

January

- Wednesday, January 1, 2020 - New Year's Day

Summer session starts: June 29, 2020

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