



Seasonal SWIM LESSONS

LAWTON FAMILY YMCA

Fall/Winter/Spring Monthly Session (Aug.– May) (8 lessons)

Tuesday/Thursday Evening Classes:

4:30-5:10pm	Water Acclimation (3-12 yrs old)
5:15-5:55pm	Water Movement/Stamina (3-12 yrs old)
6:00-6:40pm	Stroke Intro./Development (3-12 yrs old)

MONTHLY PRICING FOR FALL/WINTER/SPRING SESSION:

Tuesday/Thursday: Member: \$60 Non-Member: \$80

Summer Weekly Session (June-July) (4 lessons)

Monday-Thursday Evening Classes:

4:30-5:10pm	Water Acclimation (3-12 yrs old)
5:15-5:55pm	Water Movement/Stamina (3-12 yrs old)
6:00-6:40pm	Stroke Intro./Development (3-12 yrs old)

PRICING FOR SUMMER SESSION:

Mon.-Thurs.: Weekly rate Member: \$30 Non-Member \$50

Saturday: Member: \$30 Non-Member \$50

Year round monthly Sat. Morning Classes (4 lessons)

8:50-9:30am	Water Acclimation (3-5 yrs old)
9:40-10:20am	Water Acclimation (6-12 yrs old)
10:30-11:10am	Water Movement/Stamina (3-5 yrs old)
11:20-11:50 pm	Water Movement/Stamina (6-12 yrs old)
12:00pm - 12:30pm	Parent/Child (6-36 months)

For more information contact the Lawton Family YMCA Membership Desk for exact date range.

580.355.9622

Important Information for Group Lessons:

- Weekday classes start the 1st Day of the Month. Saturday classes start the 1st Saturday of the month.
- Group lessons are not made up if the participant can not attend
- Dec 3rd is the ONLY class skipped due to holiday

LAWTON FAMILY YMCA

5 SW 5TH STREET, LAWTON, OK 73501 | 580.355.9622. | www.lawtonfamilyymca.org





SWIM LESSON DESCRIPTIONS

LAWTON FAMILY YMCA

Parent/Child (6-36 months):

Classes are designed to allow the child to have fun in the water while the parent guides him/her to learn aquatic skills and safety. The skills that are focused on range from water orientation and exploration to children moving independently through the water under their parent's guidance. **Parent, guardian or parent approved adult must participate in the pool.** The instructor will guide parents/children to work on skills that will lead to children independently swimming. Must wear "Swimming Diapers" (water proof)

Water Acclimation–Stamina are further divided into 3-5 and 6-12 years old.

Water Acclimation (3-12 years old):

In this beginning class, children develop comfort with being underwater and learn how float on their back & stomach. Qualifications: None!

Water Movement (3-12 years old):

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water. Qualifications: (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, or no assistance (3) able to jump in the pool, submerge & return to the wall with assistance.

Water Stamina (3-12 years old):

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety. Qualifications: (1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

Stroke Introduction (6-12 years old):

In this class, children are introduced to basic swimming strokes. Qualifications: (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds (5) able to swim to wall & exit.

Stroke Development (6-12 years old):

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced. Qualifications: (1) able to front crawl & back crawl 25 yards, (2) able to swim breaststroke kick and dolphin kick 15 yards (3) able to tread water using multiple kicks for 1 minute.

**To register, please visit our membership services desk or our website.
For more information, please contact Melissa Langley @ MLangley@lawtonfamilyymca.org**