



SKYVIEW YMCA

S U M M E R P O O L S C H E D U L E

	*LAP SWIMMING	FAMILY SWIM	AQUA CLASS
MONDAY	6am-9am: 6 Lanes (3 lanes 8am-9am) 12pm-3pm: 6 Lanes 6:15pm -7:30pm: 2 Lanes	6am-9am 12:15pm-4:30pm 6:15pm-7:30pm	8:15am-9:00am pre-registration required
TUESDAY	6am-9am: 6 Lanes 1pm-3pm: 6 Lanes 6:15pm -7:30pm: 2 Lanes	6am-9am 12:15pm-4:30pm (12:15pm-1pm 2 lanes) 6:15pm-7:30pm	12:15pm-1:00pm pre-registration required
WEDNESDAY	6am-9am: 6 Lanes (3 lanes 8am-9am) 12pm-3pm: 6 Lanes 6:15pm -7:30pm: 2 Lanes	6am-9am 12:15pm-4:30pm 6:15pm-7:30pm	8:15am-9:00am pre-registration required
THURSDAY	6am-9am: 6 Lanes 1pm-3pm: 6 Lanes 6:15pm -7:30pm: 2 Lanes	6am-9am 12:15pm-4:30pm (12:15pm-1pm 2 lanes) 6:15pm-7:30pm	12:15pm-1:00pm pre-registration required
FRIDAY	6am-3pm: 6 Lanes (3 lanes 8am-9am) **3pm-7pm: 2 Lanes	6am-8am 9am-7pm	8:15am-9:00am pre-registration required
SATURDAY	7am-9am -2 Lanes 12pm- 4pm—6 Lanes	7am-9am 12pm-4pm	POOL HOURS Monday -Thursday 6:00AM - 7:30PM Friday 6:00AM - 7:00PM Saturday: 7am-4pm CLOSED SUNDAYS
Lifeguard Certification Course Dates June 11-13, July 16-18 **Friday Night lap swimming closed on Lifeguard Course Dates, 5pm-7pm			

Swim Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim Lessons 9:00am-11:00am 4:30pm-6:00pm Y Swim Team 10:00am-11:00am 5:00pm-7:00om	Swim Lessons 9:00am-11:00am 4:30pm-6:00pm Y Swim Team 10:00am-11:00am 5:00pm-7:00om	Swim Lessons 9:00am-11:00am 4:30pm-6:00pm Y Swim Team 10:00am-11:00am 5:00pm-7:00om	Swim Lessons 9:00am-11:00am 4:30pm-6:00pm Y Swim Team 10:00am-11:00am 5:00pm-7:00om	Y Swim Team 5pm-7pm	Swim Lessons 9:15am-11:00am	YMCA CLOSED

*YMCA swim instructors may use lanes during open times for private swim lessons

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WEEKDAY LESSONS

2 week sessions/8 lessons
 Offered Monday-Thursday
 9:15am-10:00am or 10:15am-11:00am
 4:30pm-5:15pm or 5:30pm-6:15pm

Class Name	Age/Skill Level	Session Time
Swim Basics: Level 1, 2, 3	Pre-School 3-5 yrs.	4:30pm-5pm OR 5:15pm - 5:45pm
Swim Basics: Level 1, 2, 3	Youth 6-12 yrs.	4:30pm-5:15pm OR 5:30pm - 6:15pm
Swim Strokes: Level 4, 5, 6	Youth 6-12 yrs.	4:30pm-5:15pm OR 5:30pm - 6:15pm
Swim Camp	Youth 6-12 yrs.	6pm-6:45pm
Summer Swim Team June-July	5-17 yrs. (tryout required)	Mon-Thur 10am-11am

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WEEKEND LESSONS

4 week sessions/4 lessons
 Offered Saturdays
 9am-11am (vary by level)

Class Name	Age/Skill Level	Session Time
Stage A/B: Water Discovery	6mo-3 yrs (Parent/Guardian in water)	9:00am-9:30am (beginner) 9:30-10am (advanced)
Swim Basics: Level 1, 2, 3	Pre-School 3-5 yrs.	9:15am-9:45am 10:15am-10:45pm
Swim Basics: Level 1, 2, 3	Youth 6-12 yrs.	9:15am-10am 10:15am-11am 11am-11:45
Swim Strokes: Level 4, 5, 6	Youth 6-12 yrs.	9:15am-10am
Teen/Adult	Youth/Adult 13+	10:15am-11am

Stage A/B: Water Discovery- Parents accompany children in class, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Level 1: Water Acclimation- Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Level 2: Water Movement- Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Level 3: Water Stamina- Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This level also introduces rhythmic breathing and integrated arm and leg action.

Level 4: Stroke Introduction- Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Level 5: Stroke Development- Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Level 6: Stroke Mechanics- Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Swim Camp: For students who have completed all levels of swim lessons and aspire to join the swim team. Here students further develop stamina and endurance while working on flip turns, drills and more as they prepare to try-out for our swim team.