

## SPECIALTY SWIM LESSONS

### Private & Semi-Private Swim Lessons

Private lessons are for children and adults, 3 years and up, and are adjusted to fit the specific needs of the student(s). To register, complete a private swim lesson form at Member Services. Lesson length is 30 minutes.

Y-Member: \$20 • Participant: \$40

### Adult & Teen Swim Lessons

For teens and adults ages 12 and up who will learn to adjust to the water and develop proficiency in the pool. Water safety is emphasized.

**Monday** 7:15 - 7:55 pm

Y-Member: \$39 • Participant: \$57

### Beyond Barriers Swim Lessons

For children and adults with special needs who may find it hard to learn to swim in a group environment. Classes will be adapted to work with each participant on individual needs while learning basic water safety and swimming skills.

Fee for 6 Classes:

Y-Member: \$42 • Participant: \$63

### For The Deaf & Hard of Hearing

A 40-minute swim class for students with hearing impairment. A communication assistant will be present to assist.

**Thursday** 5:00 - 5:40 pm

Regular swim class fees apply.

### Homeschool Swim Lessons

Homeschool children ages 3-15 will learn basic swimming skills. Participants will be divided into groups according to skill level on the first day. Open swim will follow lessons.

**Thursday** 10:30 - 11:30 am

Regular swim class fees apply.

## SWIM CLASS FEES:

Y-Member: \$39

City Resident: \$47

Participant: \$57

Financial assistance is available for swim lessons. The city resident fee is subsidized by the city of Marshfield for any person who resides in Marshfield and pays taxes to the City of Marshfield but is not a Y Member. Does not apply to adult & teen instruction.

## REGISTRATION

Registration for the Fall 1 session opens **Monday, August 13**, for Y-Members and city residents; and on **Wednesday, August 15**, to non-member participants.

## REGISTRATION OPTIONS:

1. **Online Registration** is available to Y Members only. Our online system is safe, secure, and ready to use. Contact Member Services for instructions.
2. **In-Person Registration** is available during Y staffed hours.
3. **Phone-in Registration** available by credit card payment only. Call 715.387.4900.

## CONTACT

Gillian Davis  
Aquatic Program Director  
715.387.4900  
gdavis@mfldymca.org

**MARSHFIELD CLINIC HEALTH SYSTEM YMCA**  
410 W. McMillan St, Marshfield, WI 54449  
P: 715.387.4900 W: mflodymca.org

TOGETHER ENRICHING LIVES



Marshfield Clinic

HEALTH SYSTEM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SWIMMING SAVES LIVES



## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

### Youth Aquatic Programs

Fall 1 Session  
September 10 - October 28, 2018

## YOUTH AQUATIC PROGRAMS

Make a splash with pre-school and youth swim lessons at the Y. Swim lessons offer children in our community the opportunity to gain confidence in the water, learn water safety, play games, and grow through character development. Swim lessons are taught by trained YMCA swim instructors. Class levels are based on age and ability of the participant.

### Infant/Toddler Swim Lessons

#### Ages 6 months-5 years

The primary objective is to get both the parent and child comfortable in the water. Parents will become aware of how to teach his or her child to be safe in and around water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills.

#### AQUA BABIES - Stage A (6-18 months)

This class is designed to encourage parent/child learning and water adjustment through songs and games while encouraging development of motor skills such as kicking and arm movement.

#### AQUA TOTS - Stage B (19-36 months)

Through song, games, and other water activities, you and your child will learn proper holds, kicking, arm movement, and become more comfortable in the water.

#### PIKES WITH PARENTS - Stage C (3-5 years)

Your child will work on water adjustment, kicking, floating, and beginning swim skills. This class is an excellent way to prepare your child for group lessons.

## Pre-School Swim Lessons

### Ages 3-5

#### TADPOLE - Stage D (non-swimmer)

An all-ability swimming lesson for children 3 to 4 years of age, using the same Y curriculum as the current pre-school class.

#### PIKE - Stage 1 (non-swimmer)

Pike introduces children to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will focus on basic paddle stroke, kicking skills, blowing bubbles in the water, front and back floats, and water safety.

#### EEL - Stage 2 (beginner)

Eel is designed for children who are well adjusted to the water. Eel swimmers continue to build on the basics learned in Pike, such as kicking and progressive paddle stroke. They will also learn more about pool safety and develop their floating.

#### RAY - Stage 3 (intermediate)

Ray is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in Ray will be introduced to rhythmic breathing, front and back crawl, and rescue skills.

#### STARFISH - Stage 4 (advanced)

Starfish is an advanced level for those swimmers who are proficient in front crawl and are comfortable in deeper water. Children will build endurance and be introduced to more advanced strokes such as back crawl, elementary backstroke and treading water.

**A SCHEDULE WITH DAYS  
AND TIMES OF CLASSES IS  
AVAILABLE AT MEMBER  
SERVICES OR ONLINE AT  
MFLDYMCA.ORG.**

## Youth Swim Lessons

### Ages 6-12

#### PRE-POLLIWOG - Stage 1A (non-swimmer)

Pre-Polliwog introduces school-age children to the water who are apprehensive or fearful. Swimmers will learn how to adjust to the water through front and back floating skills, paddle strokes and personal safety and the use of floatation devices.

#### POLLIWOG - Stage 1 (non-swimmer/beginner)

Polliwog helps school-age children adjust to the water. Swimmers will learn front and back floating skills, paddle stroke on both front and back, personal safety and the use of floatation devices.

#### BLUEGILL - Stage 2 (beginner)

Swimmers continue to gain confidence in their abilities by practicing paddle stroke skills, floating and rotary breathing without the aid of floatation devices. Children will begin practicing front and back crawl skills and will be introduced to breaststroke and elementary backstroke.

#### GUPPY - Stage 3 (intermediate)

Swimmers in Guppy begin to refine their skills for breaststroke and elementary backstroke while continuing to develop their front and back crawl.

#### MINNOW - Stage 4 (advanced)

Swimmers in Minnow continue to work on improving their swimming stroke of front crawl, back crawl, breaststroke and elementary backstroke while increasing endurance and technique. Swimmers will be introduced to the butterfly and sidestroke in this level.

#### FISH/FLYING FISH - Stage 5 (advanced)

Fish/Flying Fish is an advanced level for swimmers to work on stroke refinement and endurance. They will also be introduced to open turns and flip turns with the advancement of butterfly.

