



St Paul Eastside YMCA Swim Lessons Schedule

Summer 2023 - June 5 - September 10 *No Classes July 4th

(651) 771-8881

ymcanorth.org/eastside

ABOUT Y SWIM LESSONS

The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living.

The YMCA is centered on four core values: caring, honesty, respect and responsibility. Swim Lessons include age-appropriate opportunities to define, model and celebrate these core values. We utilize low instructor to participant ratios, ranging from 1 instructor to 4-6 participants, depending on stage.

Swim Lessons provide important life skills that could save a life, and will benefit you for a lifetime. All YMCA swim instructors are highly trained in our nationally recognized swim lesson curriculum. To ensure safety at all times all of our pools have a certified lifeguard on duty.

Wondering where to start?



- PARENT/CHILD (stages A-B) is for young participants who aren't ready to be alone in the pool without a parent.
- Independent participants who are developing their skills should start in SWIM BASICS (stages 1-3).
- Those swimmers age 4-12 who can swim without floatation 10-15 yards (half of the length of the lap pool) on their front and back **with their face in the water**, should start in BEGINNER SWIM STROKES (stage 4).
- ADVANCED SWIM STROKES (stages 5-6) is for participants who can swim 25 yards (the length of the lap pool).

More information on stage prerequisites can be found on the Lesson Selector, or by visiting ymcanorth.org/swimming.

GROUP LESSON RATES

You don't need to be a member of the Y to take swimming lessons, but members receive a discount on lessons.

MEMBER RATE

- 8-, 4- and 2-week Swim Lessons: \$74
- 1-week (5x/wk) Swim Lessons: \$65

NON-MEMBER RATE

- 8-, 4- and 2-week Swim Lessons: \$143
- 1-week (5x/wk) Swim Lessons: \$125

Lessons for Parent/Child and Preschool classes are 30 minutes long. Lessons for School Age and Teen/Adult classes are 30 minutes long.

Pricing and class length varies for Specialty, Adaptive and Adult classes. Visit www.ymcanorth.org for details.

Please note: participating child must be a Y member to receive the Member rate.

Tuesday	June 20–August 8	(Once a week for 7 weeks –no class July 4th)
Time	Class	Product Code
4:30 pm to 5:00 pm	Preschool Swim Basics (stages 1–3)	76_AQ_2283_20_062023_YYD
5:05 pm to 5:35 pm	School Age Swim Basics (stages 1–3)	76_AQ_2284_20_062023_YYD
5:40 pm to 6:10 pm	Preschool Swim Basics (stages 1–3)	76_AQ_2283_21_062023_YYD
6:15 pm to 6:45 pm	School Age Swim Basics (stages 1–3)	76_AQ_2284_21_062023_YYD

Lesson availability varies by location. Schedules subject to change. Please visit www.ymcanorth.org for updated class listings.



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–3



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back with face in the water?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM TEAM

Our trained coaches work to improve swimmers' skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level.

YMCA Swim Teams are offered at most locations in the Twin Cities metro area. Swim meets are scheduled against other teams in the Minnesota State League, typically at other Y locations on Saturdays.

For more information on team locations, practices, and swim meets, please visit us online at www.ymcanorth.org.



PRIVATE AND SEMI-PRIVATE LESSONS

Private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give participants individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals. Private and semi-private lessons are 30 minutes in length, and can begin at any time.

To arrange lessons, please contact the Aquatics Department.

PRIVATE LESSON RATES

Members

- 1 lesson \$45
- 3 lessons \$129
- 7 lessons \$284

Non-Members

- 1 lesson \$90
- 3 lessons \$258
- 7 lessons \$568

CUSTOMIZED SMALL GROUP LESSON RATES

Members

- 3 lessons \$196
- 7 lessons \$392

Non-Members

- 3 lessons \$392
- 7 lessons \$804

REGISTER ONLINE

- Visit www.ymcanorth.org to register online for group lessons.
- Select **Swimming** to search lessons and read more about ages, levels, and skills.
- Sign In when you find your lesson. First time user? Use the email address on file with the Y to 'Create your account'.
- If you have questions, please call Y Customer Service at 612-230-9622 or contact us www.ymcanorth.org/contact_us

BUILDING HOURS

Monday-Friday:	5 AM - 9 PM
Saturday:	7 AM - 5 PM
Sunday:	7 AM - 5 PM

KIDS STUFF HOURS

Monday-Friday:	Please visit ymcanorth.org/reservations for current hours.
Saturday:	
Sunday:	

CONTACT US

Be sure to visit our web site for additional information, including updated class listings, facility features, and tips on preparing for lessons. If you have additional questions, please contact the Aquatics Department.

Aquatics Program Office

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