

# SAVE A LIFE—DONATE TODAY

According to the Center for Disease Control and Prevention, “60% of youth drowning incidents occur within 10 feet of safety. Unintentional drowning is the 5th leading cause of unintentional injury resulting in death in the United States.” The Y, in collaboration with Community Partners, is working toward the goal of providing all first graders with instruction on safety, aquatics and fitness education, Project S.A.F.E.

Your contribution will support Project S.A.F.E. instruction for KPS first grade classes. Donate today online at <http://www.kearneyymca.org/y-programs/aquatics/project-safe>



## GROUP SWIM LESSONS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Students who qualify for Free or Reduced School Lunches can register for the Kearney Family YMCA Youth Program listed below at a reduced price by completing and returning this coupon at registration. Take this coupon to your school office and have them sign below that you qualify for Free or Reduced School Lunches. Coupon must be turned in at time of registration to receive the discount. Coupon not good for late fees or billing fees and cannot be combined with other discount.

50% off YMCA Group Swim Lessons

Seasons: March–July 2019

“I am a school official and I certify that these children qualify”

School Staff Signature \_\_\_\_\_

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_



“This is not a Kearney Public Schools Activity”.

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER YOU WAITING FOR? SWIM LESSONS

## SPRING/SUMMER 2019 DATES SESSION

Group and private swim lessons are offered for ages 6 months through adult.

## Preschool & Grade School Sessions

(PS) Pre-School Classes **Ages 3–5 years old** (GS) Grade School Classes **Ages 6 years and up**

SESSION DATES	DAYS AVAILABLE	REGISTRATION OPENS
March 4th–April 18th <i>*No Lessons March 18th–21st (Spring Break)</i>	Mon. Tues. Thurs (1 day/wk)	January 16th
April 30th–May 16th	Tues/Thurs (2 day/wk)	March 5th
June 3rd–June 20th	Mon/Wed AM or Tues/Thurs PM (2 day/wk)	April 30th
June 3rd–July 17th	Mon. Wed. PM (1 day/wk)	April 30th
<i>*No Swim Lessons July 1st–5th</i>		
July 8th–July 25th	Mon/Wed AM or Tues/Thurs PM (2 day/wk)	May 15th

*\*Swimmers are welcome to register for multiple sessions.*

## Parent Child Sessions

PC A: Water Discovery  
**Ages 6 months to 2 years**

PC B: Water Exploration  
**Ages 2–4 years**

SESSION DATES	DAYS	REGISTRATION OPENS
Mar. 27th–Apr. 17th	Wed. (1 day/wk)	February 19th
Apr. 29th–May 22nd	Mon. Wed. (1 day/wk)	March 26th
Jun. 5th–Jun. 26th	Wed. (1 day/wk)	April 28th
July 10th–July 31st	Wed. (1 day/wk)	June 4th

## Fees

### Group Swim Lessons (6 Classes)

Y Member \$26  
Non-Member \$50

### Parent Child Lessons (4 Classes)

Y Member \$15  
Non-Member \$27.50



# Group Swim Lesson Schedules

Our progressive lessons are 30 minutes in length with 6 classes in a session. Advanced Levels GS 3 & GS 4 classes are 40 minutes. *\*Swimmers are welcome to register for more than one day/session.*

\*PC=Parent Child Class PS= Preschool Level GS= Grade School Level

## March 4th–April 19th

### Monday Session Times

4:45–5:25PM GS 3 & 4	5:30–6:00PM PS 2	6:00–6:30PM PS 1	6:30–7:00PM GS 2 & PS 3	7:00–7:30PM GS 1
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### Tuesday Session Times

5:00–5:30PM PS 2	5:30–6:00PM GS 1	6:00–6:30PM PS 1	6:30–7:00PM PS 3 & GS 2
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### Wednesday Session Times

6:30–7:00PM PC A	7:00–7:30PM PC B
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### Thursday Session Times

5:00–5:30PM GS 2 & PS 3	5:30–6:00PM PS 1	6:00–6:30PM PS 2	6:30–7:00PM GS 1	7:00–7:40PM GS 3 & GS 4
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## April 29th–May 22nd

### Monday Session Times

5:30–6:00PM PC A	6:00–6:30PM PC B
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### Wednesday Session Times

6:30–7:00PM PC A	7:05–7:35PM PC B
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## April 30th–May 16th

### Tuesday/ Thursday Session Times

5:00–5:30PM GS 2 & PS 3	5:30–6:00PM PS 1	6:00–6:30PM PS 2	6:30–7:00PM GS 1	7:00–7:40PM GS 3 & GS 4
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## June–July Sessions

### Monday/Wednesday AM Session Times

9:30–10:00AM PS 2 & 3	10:00–10:30AM PS1 & GS 1	10:30–11:00AM GS 2	10:30–11:10AM GS 3 & 4	11:00–11:30AM potential waitlist classes
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### Monday PM Session Times

4:45–5:15PM PS Level 2 & 3	5:20–5:50PM PS Level 1	5:55–6:25PM GS Level 1	6:30–7:00PM GS Level 2	7:00–7:40PM GS Level 3 & 4
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### Tuesday/Thursday PM Session Times

4:45–5:25PM GS Level 3 & 4	5:30–6:00PM PS Level 2 & 3	6:00–6:30PM PS Level 1	6:30–7:00PM GS Level 1	7:00–7:30PM GS Level 2
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### Wednesday PM Session Times

4:00–4:30PM PS Level 1	4:30–5:00PM GS Level 1	5:00–5:30PM PS Level 2	6:20–6:50PM PC Level A	6:50–7:20PM PC Level B	6:50–7:30PM GS Level 3 & 4
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# SWIM LESSON QUICK REFERENCE

## Infant/Toddler Levels

\*Parent Child 6 months--4 years

**Level A: Water Discovery**  
6 months — 2 years

**Level B: Water Exploration**  
2 years — 4 years

## Preschool Levels

3 Years–5 Years

**Level 1: Water Acclimation**

**Level 2: Water Movement**

**Level 3: Water Stamina**

**Swim Team** 6years & up  
Tsunami Swim Team  
YMCA League Required  
USA League Optional

## Grade School Levels

6 Years & up

**Level 1: Water Acclimation & Movement**

**Level 2: Water Stamina**

**Level 3: Stroke Introduction**

**Level 4: Stroke Development**

### Arrow Key

Complete —————>  
In Progress - - - - ->

## Where should I put my child?

What is the age of the child? Each age group has a section  
Have they taken lessons before?

- ♦ If **No**: Start at the first class of their age group.
- ♦ If **Yes**: What skills can your child do?

Below are a few skills they must demonstrate to pass the level.

**Private Swim Lessons Available!**  
See the Private Swim Lesson registration form for additional details. Forms are available at our front desk and online.

## Skills to Pass Level

### Preschool Levels - Ages 3-5

(3 year olds must take Water Exploration before registering for Preschool Levels)

#### Level 1: Water Acclimation

Submerge independently  
Front & back glide (assisted)  
Exit water independently  
Jump, push, turn, grab (assisted)  
Front & back float (assisted) 10 secs  
Swim, float, swim (assisted) 10ft

#### Level 2: Water Movement

Front & back float 10 secs (unassisted)  
Front & back glide 5ft (unassisted)  
Tread Water 10 secs  
Swim, float, swim 5yds

#### Level 3: Water Stamina

Swim on front 10 yd.  
Swim on back 10 yd.  
Jump, swim, turn, swim, grab 10yd.  
Tread water 30 secs  
Swim, float, swim 15 yd.

### Grade School/Youth Levels—Ages 6 & Up

#### Level 1: Water Acclimation/Movement

Front & back glide 10ft.  
Front & back float 20secs  
Tread Water 10 secs  
Jump, push, turn, grab  
Swim, float, swim 5yd.

#### Level 2: Water Stamina

Swim on front & back 15yd.  
Tread Water 1 min.  
Jump, swim, turn, swim, grab 10yd.  
Swim, float, swim 25yd.

#### Level 3: Stroke Introduction

Endurance: any stroke 25 yd.  
Front crawl 15yd.  
Back crawl 15yd.  
Dive (sitting)  
Elementary backstroke 15 yds.  
Treading 1 min.  
Breaststroke & butterfly kicks 15 yds.

#### Level 4: Stroke Development

Endurance: any stroke 50 yd.  
Front crawl 25yd.  
Back crawl 25yd.  
Dive (kneeling/standing)  
Sidestroke 25yd.  
Breaststroke 25yd.  
Tread Water 2 mins.