

## Group Swim Lesson Schedule

You can register online at [www.greaterpittstonymca.org](http://www.greaterpittstonymca.org) or at the front desk of the Y. For more information regarding Aquatic Programming contact Andrew Ametrano, Aquatic Director (570)655-2255 ext.106 or [aametrano@greaterpittstonymca.org](mailto:aametrano@greaterpittstonymca.org).

### Summer 1

\*\*\*June 11 – July 22

6 Week Session

Member Registration May 21

Non Member Registration May 28

(no classes on July 4<sup>th</sup>)

### Summer 2

\*\*\*July 23 – August 26

5 week session

Member Registration July 2

Non Member Registration July 9

### Group Lesson Prices

#### Week Session

FM \$39 M \$51 NM \$72

AQUATIC PROGRAMMING REFUND/CREDIT POLICY: To insure proper swimmer-to-instructor ratios for each class, we are unable to permit make-ups for missed classes. Class credits may be issued at the discretion of the Aquatic Director if accompanied by a physician's note that the participant was not able to participate in a scheduled class. No refunds or credits will be issued for participant cancellation of classes after the start of the new session. Low enrollment classes may be subject to cancellation and/or shortened lesson time.



## LESSON SELECTOR

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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?

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.

### Class Stages, Days and Times

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<b>Parent/Child (6 months – 3 years)</b>			
<i>Stage A and B</i>	Tuesday	4:30pm – 5:00pm	Open Swim 5pm – 5:15pm
	Saturday	9:00am – 9:30am	Open Swim 9:30am – 9:45am
<b>Preschool (Ages 3 – 5)</b>			
<i>Stage 1, 2, 3</i>	Monday	5:30pm – 6:10pm	
	Tuesday	5:00pm – 5:40pm	
	Wednesday	6:00pm – 6:40pm	
	Saturday	9:30am-10:10am	
<b>Youth (Ages 6 – 12)</b>			
<i>Stage 1, 2, 3</i>	Monday	6:15pm – 6:55pm	
	Tuesday	5:45pm – 6:25pm	
	Saturday	10:15am – 10:55am	
<b>Youth (Age 6 – 12)</b>			
<i>Stages 4, 5, 6</i>	Tuesday	6:30pm-7:10pm	
<b>Teen and Adult (13 and Up)</b>			
<i>Stages 4, 5, 6</i>	Saturday	8:15am – 8:55am	



