



STRONG SWIMMERS CONFIDENT KIDS



Group Swim Lessons
Private Swim Lessons
Program Guide

Wenatchee Valley YMCA
217 Orondo Ave
Wenatchee, WA 98801
509-662-2109 / wenymca.org

2024 Group Swim Lesson Summer Sessions

The Wenatchee Valley Y is committed to providing children of all skill levels opportunities to learn, grow, and thrive. In order to accomplish these goals, swimmers who are **NEW** to our program and wishing to register for any class above level 1, will need to take a swimming skill evaluation so that staff can assign each child a swim level, ensuring a positive and successful experience for all class participants. Swimming skill evaluations are available during Friday's youth swim (5:15-6:00pm) or by appointment. Please contact the Aquatics Coordinator for scheduling an evaluation. If you are registering for level 1 there is no need for a swim evaluation.

SUMMER SESSIONS	SESSION DATES	HOUSEHOLD REGISTRATION	OPEN REGISTRATION
JUNE	June 10 th – 27 th	May 1 st	May 15 th
JULY	July 8 th –25 th	May 1 st	May 15 th
AUGUST	August 5 th – 22 nd	May 1 st	May 15 th

*Fees increase by \$10 the Friday before the session start date for all lessons

Household Y Member: \$80
Youth Y Member: \$95
Community Member: \$110

Group Swimming Lessons are available for all skill levels. Sessions consists of 30 or 45 minute lessons twice a week. Some classes may be canceled and fees refunded if there less than three participants registered by the Friday prior to the first day of session. **All classes are subject to change and program fees are non-refundable/non-transferable.**



SWIM STARTERS: Levels A&B

Accompanied in the pool by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

* 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	Age	M/W	T / TH
Water Discovery A/Water Exploration B	3-36 months	10:30-11:00am	6:15-6:45pm

SWIM BASICS: Levels 1-3 Preschool age (3-5yrs)

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: -Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit.

-Jump, push, turn, grab

Class	Ages	M/W	T / TH
Water Acclimation/Movement/Stamina (Combination Class Levels 1-3)	Preschool (3-5yrs)	11:00-11:30am	
Water Acclimation (Level 1)	Preschool (3-5yrs)		4:15-4:45pm
Water Acclimation & Movement* (Combination Class Levels 1&2)	Preschool (3-5yrs)		4:55-5:25pm
Water Movement/Stamina (Combination Class Levels 2&3)	Preschool (3-5yrs)		4:30-5:00pm

SWIM BASICS: Level 1-3 School age (K-8th)

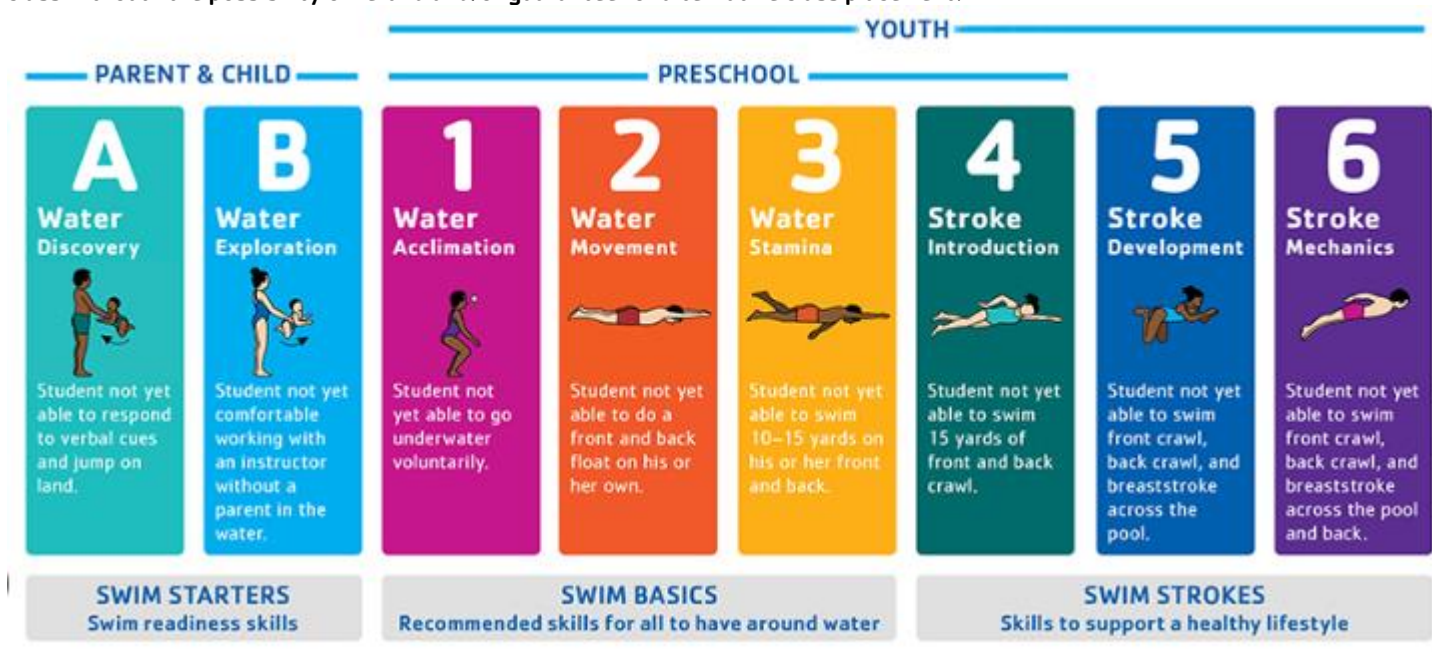
Class	Grades	M/W	T/TH
Water Acclimation (Level 1)	Grades K-8 th		5:35-6:05pm
Water Movement (Level 2)*	Grades K-8 th		5:10-5:40pm
Water Stamina (Level 3)*	Grades K-8 th	4:00-4:30pm	5:50-6:20pm

SWIM STROKES: Level 4-6 School age (K-8th)

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well being, and foster a lifetime of physical activity.

Class	Grades	M/W
Stroke Introduction (Level 4)*	Grades K-8 th	4:30-5:00 pm
Stroke Introduction (Level 5+)	Grades K-8 th	5:00-5:45pm

* Some classes may require prerequisites before registering. Failure to meet the prerequisite requirements may result in removal from class without the possibility of refund and/or guarantee for alternative class placement.



Private Swim Lessons

Private lessons are a great way to enhance swimming technique and endurance for swimmers of all ages. Each session consists of six 30 minute classes. Please complete our INTEREST FORM online at www.wenymca.org/swim or contact Alyssa at aquatic@wenymca.org for additional information.

Lesson Options	Household Rates	Individual Member Rates	Community Member Rates
Private Lessons (1 participant)	\$230	\$245	\$270
*Semi-Private Lessons (2 participants)	\$195	\$210	\$235
*Small Group Private Lessons (3 participants)	\$125	\$140	\$165

*The YMCA does not pair families together for semi-private or small group private lessons. Parents are responsible for creating and organizing their own pairs/small groups prior to registration.

Babysitters Training Course (Grade 6 – 9)

Babysitting is a great first job for kids. To help them be successful, the course teaches everything they need to know like key safety, care giving, and first aid. For details, please contact **Cara Smith** at cara@wenymca.org

Upcoming Classes: August 9th 5:00–8:00pm & 10th 9:00a–3:30p

Cost for CPR/FA + Babysitters Training:

\$90/ Household Members \$100/ Y Members \$115/ Community Members

*Fees increase by \$10 the Friday before the class

Adult & Pediatric CPR/AED & First Aid Training

The Y offers Adult & Pediatric CPR/AED & First Aid classes through American Red Cross. The purpose of this training is to give you the confidence and skills to recognize a life threatening emergency and give immediate care. Upon successful course completion, you will receive a certificate from the American Red Cross that is valid for 2 years. For details, please contact Cara Smith at cara@wenymca.org

Upcoming Classes: Re-Certification- July 26th 5:00–8:00p, New Certification- July 27th 12:00–4:00p

Cost: \$70/ Household Members \$80/ Y Members \$95/Community Members

*Fees increase by \$10 the Friday before the class

Lifeguard Training (Blended Learning)

Interested in becoming a certified Lifeguard?

The Y offers Lifeguard classes through American Red Cross. Courses include certification in lifeguard, CPR for the Professional Rescuer & First Aid. This 36-hour course combines e-learning, classroom learning, and water skills. E-learning must be complete prior to on site class. Participants must be 16 years of age to be certified.

Next Class: June , exact dates TBD

Cost: \$150 / Household Members \$ 165/ Y Members \$180/ Community Members

For details, please contact Cara Smith at cara@wenymca.org



Youth Policy

The safety and welfare of every child in our facility is of the utmost importance for the Y administration. To that effect, the following policy will help us protect and care for your child while they are with us. All members under the age of 16 must be in a structured Y activity, such as Kid Zone, Child Watch, Teen Center, Youth Sports, Swim Lessons or directly supervised at all times by an adult family member, age 18 and older. Youth ages 11-15 must complete Uplift to be permitted in the Fitness center and Locker rooms without a parent or guardian

Locker Room Usage

- Youth who have not taken Uplift or are under the age of 16 require adult supervision at all times while in the locker rooms
- Youth, ages four and under, may use the same locker room as their supervising adult regardless of gender
- Youth, ages 5-15, must use the same locker room of their gender identity with their supervising adult present at all times
- The family changing room is available for anyone with small children, diverse abilities, or families with opposite gender children over the age of four
- Devices capable of taking photographs or video are not allowed to be used in the locker rooms

NO CHILD IS DENIED ACCESS DUE TO FINANCIAL NEED. FINANCIAL ASSISTANCE IS AVAILABLE FOR THOSE THAT QUALIFY.