

SPECIALTY SWIM LESSONS

Private & Semi-Private Swim Lessons

Private lessons are for youth and adults, 3 years and up, and are adjusted to fit the specific needs of the student(s). Those who require hands-on assistance in the water must be accompanied in the water by an adult from the same household. To register, complete a private swim lesson form at the Welcome Center. Lesson length is 30 minutes.

Y-Member: \$25 • Participant: \$50

Beyond Barriers Swim Lessons

For children and adults with special needs who may find it hard to learn to swim in a group environment. Those who require hands-on assistance in the water must be accompanied in the water by an adult from the same household.

Fee for 6 Classes:

Y-Member: \$50 • Participant: \$70



SWIM LESSON FEES:

See the Spring Swim Lesson Schedule for pricing.

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 DATES:

Summer PM Session: July 8 - Aug 22, 2024
Registration Dates: Member-June 10
City Residents-June 10
Participants-June 12

UPCOMING SESSION DATES:

Fall 1 Session: Sept 2-Oct 27, 2024
Registration Dates: Member-Aug 19
City Residents-Aug 19
Participants-Aug 21

REGISTRATION OPTIONS:

1. In-Person Registration is available during Y staffed hours.
2. Phone-in Registration available by credit card payment only. Call 715.387.4900.

CONTACT

Aaron Heiss, Aquatics Director
715.996.1817 • aheiss@mfldymca.org

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

TOGETHER ENRICHING LIVES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFE SWIMMING SAVES LIVES



MARSHFIELD CLINIC
HEALTH SYSTEM YMCA

Youth Aquatic Programs

SUMMER PM SESSION
July 8 - August 22, 2024

YOUTH AQUATIC PROGRAMS

Make a splash with parent/child, pre-school, and school age 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.

Parent/Child Swim Lessons

Ages 6 months-4 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.

Stage A (6-18 months) - AQUA BABIES

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

Stage B (19-36 months) - AQUA TOTS

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.

Stage C (3-4 years) - PIKES WITH PARENTS

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

Stage 1 (non-swimmer) - PIKE

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.

Stage 2 (beginner) - EEL

Eel is designed for children who are well adjusted to the water. Eel swimmers will 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.

Stage 3 (intermediate) - RAY

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.

Stage 4 (advanced) - STARFISH

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 THE WELCOME CENTER OR ONLINE AT MFLDYMCA.ORG



School Age Swim Lessons

Ages 6-12

Stage 2 (non-swimmer/beginner)

POLLIWOG

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.

Stage 3 (beginner) - BLUEGILL

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.

Stage 4 (intermediate) - GUPPY

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

Stage 5 (advanced) - MINNOW

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.

Stage 6 (advanced) - FISH/FLYING FISH

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.