

## SPECIALTY SWIM LESSONS

### Private & Semi-Private Swim Lessons

Private lessons are for Y-Member youth and adults only, 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: \$30**

### 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: \$60 • Non-Member: \$100**



## SWIM LESSON FEES

Y-Member: \$60

Non Y-Member: \$100

## REGISTRATION DATES

Winter Session: Jan 6-Mar 15, 2025

Registration Dates: Y-Member - Dec 9

Non Y-Member - Dec 16

## 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.

## FINANCIAL ASSISTANCE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. With funds raised through the Annual Campaign, the Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Stop at the Welcome Center to pick up an application or visit us online [www.mfldymca.org](http://www.mfldymca.org).

## CONTACT

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**MARSHFIELD CLINIC HEALTH SYSTEM YMCA**

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TOGETHER ENRICHING LIVES



Marshfield Clinic  
Health System



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SWIMMING SAVES LIVES



**MARSHFIELD CLINIC  
HEALTH SYSTEM YMCA**

**Youth Aquatic Programs**

**WINTER SESSION**

**January 6 - March 15, 2025**

## 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](http://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.