



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

Swim Lessons

Our swim lessons build skills, confidence, and character. Our new curriculum focuses on developing sequence-based skills that organically build on one-another. Students will learn faster, be safer sooner, and progress more quickly through the various levels.

Swim Starters

Parent & Child Lessons. Infants and toddlers learn to be comfortable in the water and develop swim readiness skills. Parents learn about water safety, drowning prevention, and the importance of supervision.

Swim Basics

Students learn water safety and basic swimming competencies.

“Swim, Float, Swim” & “Jump, Push, Turn, Grab”

Swim Strokes

Students learn additional water safety skills that build stroke technique

A / Water Discovery

Introduces infants and toddlers to the aquatic environment.



1 / Water Acclimation

Introduces basic self-rescue & underwater skills, performed with assistance.



4 / Stroke Introduction

Introduces basic stroke technique in front and back crawl. Reinforces water safety through treading water and elementary backstroke.



B / Water Exploration

Focuses on body positions, blowing bubbles, and fundamental safety.



2 / Water Movement

Encourages forward movement and basic self-rescue skills, performed independently.



5 / Stroke Development

Introduces breaststroke and butterfly. Reinforces water safety through treading water and sidestroke.



3 / Water Stamina

Develops intermediate self-rescue skills performed at longer distances.



6 / Stroke Mechanics

Refines stroke technique on all major competitive strokes.



MATTOON AREA FAMILY YMCA

(217) 234-9494

www.mattoonymca.org



Mattoon YMCA Swim Lessons - 2019

Offered In 8 Week Sessions

Code	Session Dates	Registration Dates	Session Notes
19.1	Jan 7 - Mar2	Nov 19 - Jan 2	-
19.2	Mar 4 - Apr 27	Feb 4 - Feb 24	No Class: Apr 15 - Apr 20 (Spring Break)
19.3	Apr 29 - Jun 22	Apr 1 - Apr 21	No Class: Mon. May 27 (Memorial Day)

DID YOU KNOW?



We offer Private Swim Lessons!
Lesson plans are available for all adults and children.
Private Lessons are 30 Minutes.



Contact us for more information on Private Lessons, or use the scan code.

All lessons meet once per week. Classes with less than 3 participants will be canceled or combined with a level either above or below their current level.
There are no refunds for missed classes and classes can not be made up on another day. If the Y cancels class due to weather or other circumstances, a credit will be applied to your account after the session ends. All weather cancellations will be posted on our Facebook page and our Mobile App.

*Schedule is subject to change

Lytle Swim Lessons

Stages 1 - 6
9:00am - 9:45am
9:50am - 10:35am

Code	Session Dates	Registration Dates
19.L1	Jun 17 - Jun 28	Apr 1 - Jun 9
19.L2	Jul 8 - Jul 19	Jun 20 - Jul 4
19.L3	Jul 29 - Aug 9	Jul 11 - Jul 25

We partner with Lytle Park to offer lessons at the pool! These lessons are Monday-Thursday, and we reserve Friday as a make-up day.
In order to stay up-to-date on all of our cancellations, be sure to download our Mobile App!



Get the app

QUESTIONS? CONTACT US!

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Schedule		Parent & Child	Preschool			School Age					
		6 Mo. - 3yrs	3yrs - 5yrs			5yrs - 12yrs					
		A&B	1	2	3	1	2	3	4	5	6
Monday	4:15 - 5:00pm					X	X	X			
	5:00 - 5:45pm		X	X	X						
Tuesday	5:45 - 6:30pm		X	X	X	X	X	X			
	6:30 - 7:15pm								X	X	X
Wednesday	4:15 - 5:00pm		X	X	X						
	5:00 - 5:45pm					X	X	X	X	X	X
	5:15 - 5:45pm	X									
Thursday	5:45 - 6:30pm		X	X	X						
	6:30 - 7:15pm					X	X	X			
Saturday	10:15 - 11:00am		X	X	X				X	X	X
	11:00 - 11:30am	X									
	11:00 - 11:45am					X	X	X			
FEES: Member/Non-member		\$28 / \$56									