

KEN SHANNON NORTHWEST YMCA WINTER SWIMMING

Effective 01/04/20 - 05/31/20

CONNECT THROUGH OUR FREE APP



SCHEDULES, WORKOUTS, REWARDS, AND MORE
SEARCH FOR "WICHITA YMCA APP"

MONTHLY CLASSES	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
SWIM STARTERS (REQUIRES PARENT PARTICIPATION)									
WATER DISCOVERY	6 mo.- 2 yrs.	30-min			6:30P			8:30A 12:00P	
WATER EXPLORATION	2-3	30-min			6:30P			8:30A 12:00P	
PRESCHOOL AGE LESSONS									
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress from levels 1-4 once skills have been mastered.	3-5	45-min		9:00A 10:00A 5:30P 6:30p	5:30P 6:30P	9:00A 10:00A 5:30P 6:30P		9:00A 10:00A 11:00A	
SCHOOL AGE LESSONS									
After evaluation, each swimmer will be placed in the appropriate level. Swimmers will progress from levels 1-6 once skills have been mastered.	6+	45-min		5:30P 6:30P	5:30P 6:30P	5:30P 6:30P		9:00A 10:00A 11:00A	
ADULT LESSONS	18+	45-min	3:00P						
ACADEMY CLASSES—2 CLASSES/WEEK (INSTRUCTOR APPROVAL REQUIRED)									
LEVEL I	6-18	45-min	6:00P	6:00P	6:00P	6:00P		10:00A	
LEVEL II	6-18	45-min	6:00P	6:00P	6:00P	6:00P		10:00A	
LEVEL III	6-18	45-min	6:00P	6:00P	6:00P	6:00P		10:00A	
SWIM TEAM (AVAILABLE AT ANDOVER AND NORTHWEST YMCA)									
Contact the Swim Coach for Swim Team information at participating branches: Nate.Jensen@ymcawichita.org or 316.776.8221									

SWIM FEES:

Monthly \$27/month
Academy \$54/month 2 classes/week
Team Varies contact Andover or Northwest
Private/Semi \$20 per 30-min | \$15 per person, 30-min

Fees appear as member rates. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.

SWIMMING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONTHLY CLASSES

- Ages 6 months+
- One month commitment
- Classes meet once per week
- Get started with water safety and swimming fundamentals to progress through skill levels
- Curriculum repeats each month to reinforce skills
- Monthly progress reports are provided

ACADEMY CLASSES

- Ages 6-18
- Multi-month commitment
- Classes meet twice a week for 45-minutes
- Progress faster than Monthly Classes
- Intensive swim skill development, as swimmers continue to build confidence in the water
- Curriculum progresses each month to advance swimming skills
- Quarterly progress reports are provided

SWIM TEAM

- Ages 6-18
- Yearly commitment
- Advanced skills will be developed
- Train year-round on stroke development, swim skills and team building
- Compete at local, state and national levels as part of the USA Swimming and Missouri Valley Swimming Associations
- Tryout and invitation required
- Contact your Aquatics Director for more information

MONTHLY CLASSES

Register online or at any YMCA location

SWIM STARTERS: Parent participation required. Parents are guided to work with their child to explore fundamental safety and aquatics skills.

WATER DISCOVERY: 6 mo.-2 years | 30-minutes

WATER EXPLORATION: ages 2-3 | 30-minutes

SWIM LESSONS: From beginners to seasoned swimmers, kids will become more comfortable in the water, develop personal safety, and progress through aquatics skills. They will focus on body position, control, forward movement, rotary breathing, integrated arm and leg action, and all major swim stroke techniques.

Level 1: Water Acclimation Level 4: Stroke Intro
Level 2: Water Movement Level 5: Stroke Development
Level 3: Water Stamina Level 6: Stroke Mechanics

PRESCHOOL AGE: ages 3-5, Level 1-4 | 45-minutes

SCHOOL AGE: ages 6+, Levels 1-6 | 45-minutes

ADULT SWIM: ages 18+ | 45-minutes

It is never too late to learn! Improve safety skills and develop swim strokes as you enhance your swimming abilities.

ADAPTIVE SWIM: 45-minutes

Youth with special needs learn to overcome their fear of water and improve their water safety skills. Available at Northwest and South YMCA.

ACADEMY CLASSES

Register at any YMCA location, not available online

2 CLASSES/WEEK: ages 6-18 | 45-minutes

Requires approval of the Aquatics Director. Contact your local Y for setting up a swim test. Available at Andover, East, El Dorado, Northwest & South YMCAs. Class fees payable via bankdraft only.

SWIM TEAM

ages 6-18

To tryout for Swim Team, contact the Andover YMCA at 316.733.9622 or the Northwest YMCA at 316.260.9622.

Fees vary depending on level. Additional costs for personal equipment, meet fees and swim association dues may apply.

100 MILE SWIM CLUB: ages 18+

Swim 100 miles, or more, over the course of a year and earn a t-shirt. **FREE** to all Y members. Ask your Aquatics Director for more details.

PRIVATE LESSONS: ages 3+ | 30-minutes
The Y offers private/semi-private lessons tailored to individual needs and ability. Please contact your YMCA's Aquatics Director for more information.

FINANCIAL ASSISTANCE:

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-based financial assistance are available at any YMCA location or online at ymcawichita.org.