

SWIM LESSONS

We believe the ability to swim is a critical life skill.

When you learn to swim, you gain confidence, acquire safety / rescue skills and experience water activities you can enjoy for a lifetime. Throughout all levels, we teach students how to be safer and more comfortable in the water.

Fall Swim Sessions

All lessons are 30 minutes long. Please make sure you shower your child before entering the pool. All spectators that are not members must bring ID, or show their program card. All Spectators must remove their shoes before walking on the pool deck. All swimmers must wear a swim suit or clothing made of polyester, nylon, lycra or spandex. Denim and cotton clog up our filters.

Registration is now available online at www.longviewymca.org

Classes Offered:

3-5 years Level 1-3, (6+ years) Level 1-5
Class times vary from 4:00, 4:30, 5:00, and 5:30pm, Not all levels are available at all times, please check with front desk for specific times and levels.

Session Cost: \$65 Member Price \$45

Sessions

Fall Session 1

Sept 16-26 Monday thru Thursday for 2 weeks

Sept 16, 17, 18, 19, 23, 24, 25, 26

Fall Session 2

Sept 30-Oct 24 M/W or T/TH twice a week 4 weeks

Mon & Wed Dates: Sept 30, Oct 2,7,9,14,16,21,23

Tues & Thurs Dates: Oct 1,3,8,10,15,17,22,24

Fall Session 3 (7 Lessons Prorated)

Oct 28-Nov 21 M/W or T/TH twice a week 4 weeks

Mon & Wed Dates: Oct 28,30, Nov 4,6,13,18,20

Tues & Thurs Dates: Oct 29, Nov 5,7,12,14,19,21

Fall Session 4

December 2-12 Monday thru Thursday for 2 week

Dec 2,3,4,5,9,10,11,12

Parent Child/Water Discovery Class (6 months-3years)

Check with front desk for specific times. Water Discovery classes are for children 6 months to 3 years with a parent or an adult in the water with the child.

Session Cost: \$55 Member Price \$35

Program Refund Policy

There is a refund or YMCA credit if cancelled at least one day before the program begins less a nonrefundable \$5 transaction fee. If cancelled during the first two scheduled dates of the program, it is a 50%



NEW ! Water Babies Parent/Child Water Discovery Class for kids 5 and younger only

Monday and Wednesdays, 11am to 12 noon

Tuesday and Thursday Level B 11am to 12 noon

A fun interactive programs for children 5 and younger with parents or grandparents in the water. The first 30 minutes in an instructor-led Water

Discovery class, followed by 30 minutes of free time. You do not have to stay with the instructor if you would rather have all free time.

Session Cost: \$55, no charge for members, but you must be registered to attend. This will replace the morning Water Discovery class and Toddler Time. Space is limited. Follows swim lesson sessions.

AQUATICS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Activity Pool Schedule Sept 3-Dec 31, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise			8:00am
9:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am			9:00am
10:00am								10:00am
11:00am	Water Babies 11-12 No Warm Water Pool Registration required	Water Babies 11-12 No Warm Water Pool Registration required	Water Babies 11-12 No Warm Water Pool Registration required	Water Babies 11-12 No Warm Water Pool Registration required	Tumbleweeds 11-12 No Warm Water Pool			11:00am
12:00pm		Strengthen and Stretch 12-1		Strengthen and Stretch 12-1	Progress Center			12:00pm
1:00pm	Group Programs	Group Programs	Group Programs	Group Programs	Group Programs	Open Swim	Family Swim	1:00pm
1:30pm						1:00- 2:30	1:00- 3:00pm	1:30pm
2:00pm	Joyful Joints 2:00-3:00		Joyful Joints 2:00-3:00		Joyful Joints 2:00-3:00	Family Swim 2:30-3:30 Children 17 and under	Children 17 and under with Parents/ Guardians	2:00pm
2:30pm						With		2:30pm
3:00pm	Private Lessons	Private Lessons	After School	Private Lessons	Private Lessons	Parent/ Guardian		3:00pm
4:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Private Lessons Groups	NO WARM WATER POOL DURING FAMILY SWIMS		4:00pm
6:00pm	Open Swin 6:00-7:30pm	Family Swim 6:00-7:30pm Children 17 & under with Parent/Guardian	Open Swin 6:00-7:30pm	Family Swim 6:00-7:30pm Children 17 & under with Parent/Guardian	Open Swin 6:00-7:30pm	GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.		6:00pm
7:30pm								7:30pm

- **Warm Water Therapy Pool (18 and older) is NOT open during special events, group programs or morning swim lessons. Evening Swim Lessons see swim lesson schedule.**
- **30 minute maximum in Warm Water Therapy Pool**
- **Water in unbreakable container is only beverage allowed on pool decks. NO GLASS**