



Ashland Area YMCA

Group Swim Lessons
September 23-October 17,
2024

4 weeks, 8 sessions.
Twice a week

Sessions are
Monday/Wednesday &
Tuesday/Thursday- see
inside for more details

**Member- \$40- registration begins
on September 11th**

**Non-member- \$60- registration
begins on September 13th
Registration closes
on September 23rd**

Ashland Area YMCA
3232 Megan Neyer Way,
Ashland, KY 41102
606-324-6191



**Questions?
Contact Hollie Hall,
Aquatics Director
(606) 324-6191 ext. 228**

**AAYMCA MEMBERSHIP
BENEFIT!!!**

**Early registration
to secure your spot!**

If you have any medical conditions
that we need to be aware of or an
individual with special needs, please
make us aware below:

**Stop by the YMCA to get
Registered.
No phone registration's will
be taken**



LEVELS WE OFFER:

Preschool level (3-5): fully submerge underwater, get in and out of the water by themselves, front float & back float with assistance, learn roll float with assistance, front glide with assistance, back glide with assistance, introductory freestyle (scoops and kick), and elementary backstroke (tickle, T, touch)

Level 1: 10 bobs, learn front float, back float, roll float, front glide, back glide, introductory freestyle, elementary backstroke, sculling on back, survival float, retrieve objects underwater, jump into recovery float

Level 2: 20 bobs, do a front float, back float, roll float, front glide with kicks, back glide with kicks, introduce side breathing for freestyle, regular backstroke, change direction while swimming, and introduce whip kick, jump in, and swim for wall, introduce treading water
Level 3: 20 bobs without hesitation, front glide with kicks, back glide with kicks, triple switch freestyle, triple switch backstroke, learn bilateral breathing, perform backstroke with correct body position, scull, and kick, learn whip kick, and introduce butterfly and butterfly kick, learn to tread water

Level 4: swim the 25 yds. freestyle, swim 25 yds. backstroke, perform bilateral breathing for freestyle, learn breaststroke arms and combine with a kick, learn butterfly, learn open turns for butterfly and breaststroke, learn flip turns for freestyle and backstroke

*****Must be a minimum of 3 kids signed up for level to hold class*****

Swimmers Name: _____

Birthday: _____ Age: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Previous swim lessons?

YES NO

If yes, what level?

Parents name: _____

YMCA member? YES NO

Specified level and day: _____

Preschool ages are 3-5

Level 1-4 ages are 6-12

Please check mark or circle one of the below to register your child:

Monday/Wednesday:

Preschool- 5:00 pm-5:40 pm

Level 1: 5:00 pm- 5:40 pm

Level 2: 5:45 pm-6:25 pm

Level 3: 5:45 pm- 6:25 pm

Tuesday/Thursday:

Level 1: 6:00 pm-6:40 pm

Level 2: 6:00 pm-6:40 pm

Level 3: 6:45 pm-7:25 pm

Level 4: 6:45 pm-7:25 pm

- Member fees: 1st child \$40/ each additional child \$20
- Non-member fee: 1st child \$60/ each additional child \$30

