



# SUMMER SWIM LESSONS

## MIDDLETOWN FAMILY YMCA

### SESSION DATES

June 17<sup>th</sup> – July 21<sup>st</sup> or July 22<sup>nd</sup> – August 25<sup>th</sup> (No lessons July 4<sup>th</sup>)

Swim Starters 6 mon – 3 years							
	MON	TUES	WED	THURS	FRI	SAT	SUN
Swim Starters Parent/Child			5-5:30pm			10:35-11:05am	

Pre-School 3 - 5 years								
	MON	TUES	WED	THURS	FRI	SAT	SUN	
Swim Basics Levels 1, 2, 3	M,T,W,TH & F 11-11:30am	M,T,W,TH & F 11-11:30am  5-5:30pm (2x week)	M,T,W,TH & F 11-11:30a  5:35-6:05pm	M,T,W,TH & F 11-11:30am  5-5:30pm (2x week)	M,T,W,TH & F 11-11:30am	M,T,W,TH & F 11-11:30am	10 - 10:30am 10:35-11:05am	
Swim Strokes Levels 4. 5. 6		6:25-6:55pm (2x week)	5:00-5:35pm	6:25-6:55pm (2x week)		9:50-10:30am		

Youth 6 – 12 years							
	MON	TUES	WED	THURS	FRI	SAT	SUN
Swim Basics Levels 1, 2, 3		7-7:45pm (2x week)	6:10-6:55pm	7-7:45pm (2x week)		9:00-9:45am	
Swim Strokes Levels 4, 5, 6		5:35-6:20pm (2x week)	7:00-7:45pm	5:35-6:20pm (2x week)		9:00-9:45am	
Adult Basics						10:35-11:20am	

Swim Lesson Fees	Member	Community Member
Swim Starters & Preschool (30 min class) 1x/week for 5 weeks	\$30	\$55
Preschool (30 min class) 2x/week for 5 weeks	\$60	\$110
Preschool (30 min class) 5x/week for 1 week	\$30	\$55
Youth (45 min class) 1x/week for 5 weeks	\$50	\$75
Youth (45 min class) 2x/week for 5 weeks	\$100	\$150
Private (5x30 min)	\$95	\$160
Semi-Private (5x30 min - cost is per swimmer)	\$70	\$120

**Silver Lake Pool**  
200 E. Cochran Street  
Middletown, DE 19709

**Carla Geiersbach**  
[CGeiersbach@ymcade.org](mailto:CGeiersbach@ymcade.org)  
[www.ymcade.org](http://www.ymcade.org)

**All swim lessons take place at the Silver Lake Pool**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years

**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years

**PRESCHOOL:**  
STAGES 1–4



5 years–12 years

**SCHOOL AGE:**  
STAGES 1–6



12+ years

**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

\*\*The YMCA of Delaware reserves the right to place members in the most appropriate skill based class.