

SWIM GUIDE

FALL 2021



FALL 1 | SEPTEMBER 13–OCTOBER 31
FALL 2 | NOVEMBER 1–DECEMBER 19

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YMCA OF DANE COUNTY



LUSSIER FAMILY EAST YMCA

Robin Berg
 rberg@ymcadane.org
 711 Cottage Grove Road
 Madison, WI 53716



**LUSSIER FAMILY WEST YMCA
 SUN PRAIRIE YMCA**

Becky Whiting
 bwhiting@ymcadane.org
 5515 Medical Circle
 Madison, WI 53719

Here's what we're doing to make swim lessons **SAFE FOR ALL:**

- CDC guidance stipulates that the new coronavirus cannot spread via properly chlorinated and maintained pool water. All of our pools meet or exceed CDC health standards.
- A parent/caregiver (age 18+) needs to be in the water with children in Water Exploration/Water Discovery and Preschool Levels 1 & 2.
- If not feeling well, PLEASE do not come to lessons.
- Very limited seating, spaced at least six feet apart, will be available on the pool deck.
- Swimmers are encouraged to arrive wearing swimsuits and ready to swim so that they can bypass the locker room however locker rooms are open.
- Anyone who is NOT vaccinated is encouraged to wear a mask. Masks should be removed while swimming.

YOUTH BUILDING ACCESS GUIDELINES

Ages	6 weeks-6 years	7 years	8-9 years	10 years	11-12 years	13-15 years	16 years	17 years	18 years
General Facility	Accompanied by parent/guardian			Permitted without supervision					
Fitness Center	Not allowed			Must complete orientation			No limitations		
Group Exercise	Not allowed					Yes, except BODYPUMP	Permitted without supervision		
Gym	Accompanied by parent/guardian			Permitted without supervision					
Pool	Accompanied by parent/guardian			Need to pass deep water test to be in the deep end					
Pool PASS Deep Water Test	Parent in water	Parent on deck		Access to entire pool					
Pool FAIL Deep Water Test	Parent in water	See below		Limited to shallow end of the pool					

2 Option 1: 7-9 year olds parent in the pool in the shallow end with child or children at arm's length.
 Option 2: 7-9 year olds has to have a life-jacket on in the shallow end and parent on the pool deck.

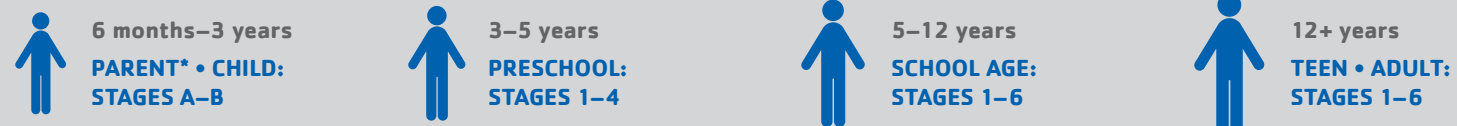


Sun Prairie Kiddie Pool

M/W 9:00-11:00 am
 F. 3:00-6:00 pm
 SA/SU 12:00-2:00 pm
 • When staffing is available

Open Swim Times can be found at ymcadane.org

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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

WHICH STAGE IS THE STUDENT READY FOR?

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?

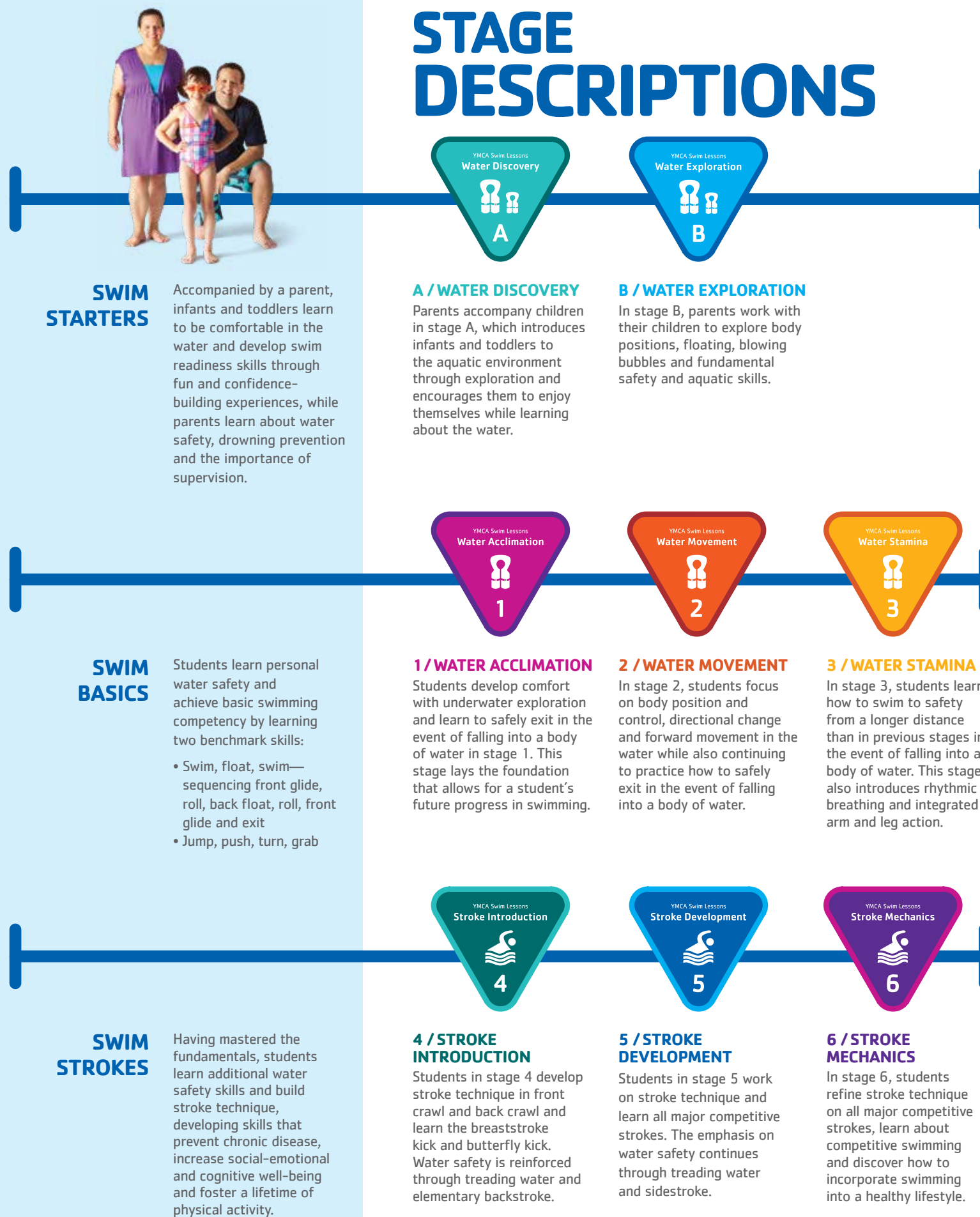
NOT YET **6 / STROKE MECHANICS**

HAVE MORE QUESTIONS?

LUSSIER FAMILY EAST YMCA
Robin Berg | rberg@ymcadane.org

LUSSIER FAMILY WEST YMCA/SUN PRAIRIE YMCA
Becky Whiting | bwhiting@ymcadane.org

STAGE DESCRIPTIONS



FALL
 Fall 1: September 13–October 31
 Fall 2: November 1–December 19
 Program Price: \$98 | Discounted Member Price: \$49

FALL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00–9:30 am		Water Exploration		
9:35–10:05 am		Preschool 1		
10:10–10:40 am		Preschool 2		
10:45–11:15 am		Water Discovery		
4:00–4:30 pm	Water Exploration Preschool 2	Preschool 1 • 2		
4:00–4:45 pm			Youth 1 • 2 • 3	Youth • 3 • 4
4:35–5:20 pm	Youth 1 • 2 • 3	Youth 1 • 2		
4:45–5:45 pm		Swim Team Prep–Beginner		Swim Team Prep–Beginner
4:50–5:20 pm			Preschool 1 • 2	Preschool 1
5:25–5:55 pm	Preschool 1 • 3 • 4	Preschool 3 • 4	Water Discovery	Preschool 3 • 4
5:25–6:25 pm	Swim Team Prep–Intermediate/Advanced		Swim Team Prep–Intermediate/Advanced	
6:00–6:45 pm	Youth 4 • 5 • 6		Youth 4 Teen/Adult–Beginner	
6:30–7:15 pm	Adult/Teen–Beginner Adult/Teen–Intermediate/ Advanced		Youth 5 • 6 Teen/Adult Intermediate	



PRIVATE & SEMI PRIVATE SWIM LESSONS

Private swim lessons focus on a goal or goals for the individual swimmer. Offered at all branches. Contact the Aquatics Director at your branch for more information or to schedule private lessons.

Lussier Family East YMCA
 Robin Berg | rberg@ymcadane.org
Lussier Family West YMCA and Sun Prairie YMCA
 Becky Whiting | bwhiting@ymcadane.org

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FALL	MONDAY	TUESDAY	THURSDAY	SATURDAY
9:00–9:45 am				Youth 4 • 5 • 6
9:15–9:45 am			Preschool 1 • 2	
9:45–10:15 am			Water Discovery	
9:50–10:35 am				Youth 1 • 2 • 3
10:40–11:10 am				Preschool 1 • 2 • 3
6:00–6:30 pm		Preschool 1 • 2 • 3 • 4	Water Discovery Preschool 1 • 2 • 3 • 4	
6:30–7:15 pm		Youth 2 • 3 • 4 • 5 • 6	Youth 1 • 2 • 3 • 4 • 5 • 6	
6:30–7:00 pm	Water Discovery Preschool 1 • 2 • 3			
7:05–7:50 pm	Youth 1 • 2 • 3 • 4 • 5 • 6			
7:15–8:30 pm		Masters	Masters	

**BE A LEADER.
 BE A LIFEGUARD.**

LIFEGUARD TRAINING COURSES East

December 28 9:00 am–5:00 pm
 December 29 9:00 am–5:00 pm
 December 30 9:00 am–3:00 pm
 Program Price \$300
 See website for additional scheduled classes this Fall. www.ymcadane.org.

FREE CERTIFICATION
 Get certified, join our team and the class is FREE

MASTERS East
September 13–October 31
November 1–December 19
 TU/TH 7:15–8:30 pm
 See website for more information. www.ymcadane.org.
 Program Price \$145
 Discounted Member Price \$35

We reserve the right to combine or cancel classes.



FALL

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More information on our website: ydcswimteam.org

FALL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
8:15–9:00 am					Teen/Adult-Beginner	
9:00–9:45 am					Teen/Adult-Intermediate/Advanced	
9:30–10:00 am	Water Discovery Water Exploration		Preschool 1			
9:30–10:15 am					STP Beginner	
10:05–10:35 am	Preschool 1		Preschool 2			
10:15–11:00 am					STP Intermediate/Advanced	
10:40–11:10 am	Preschool 2		Preschool 3 • 4			
11:00–11:45 am					Youth 1 • 2	
11:05–11:35 am					Preschool 1	
11:40 am–12:10 pm					Preschool 2	
2:05–2:50 pm						Youth 1 • 2
2:15–2:45 pm						Preschool 1
2:50–3:20 pm						Preschool 2
2:55–3:40 pm						Youth 2 • 3 • 4
3:25–3:55 pm						Preschool 3 • 4
3:45–4:30 pm						Youth 3 • 4 • 5 • 6
4:00–4:30 pm						Water Discovery Water Exploration
6:30–7:00 pm		Water Discovery Water Exploration Preschool 1 • 2 • 3 • 4		Preschool 1 • 2 • 3 • 4		
7:05–7:50 pm		Youth 1 • 2 Adult-Beginner Adult-Inter/Adv		Youth 3 • 4 • 5 • 6		

SWIM TEAM PREP-BEGINNER

For swimmers six and older who would like to develop their strokes and build endurance at a faster pace than they would in swim lessons, but not have to commit to a 7 month swim team season and swim meets. Participants must be able to swim 25 yards without stopping and have a basic knowledge of front crawl, back crawl, breaststroke and butterfly. Focuses on all aspects of competitive swimming including stroke work, starts and turns.

September 13–October 31
 November 1–December 19

Sun Prairie

TU/TH 4:45–5:45 pm

Program Price \$242

Discounted Member Price \$121

West

SA 9:30–10:15 am

Program Price \$98

Discounted Member Price \$49

SWIM TEAM PREP-INTERMEDIATE/ADVANCED

For swimmers six and older who would like to develop their strokes and build endurance at a faster pace than they would in swim lessons, but not have to commit to a 7 month swim team season and swim meets. This group is geared toward swimmers that can already swim all four competitive strokes. Participants must be able to swim 100 yards without stopping in backstroke and front crawl. In addition they must also be able to swim 50 yards of breaststroke and butterfly. Focus will be put on all aspects of competitive swimming including stroke work, starts and turns.

September 13–October 31

November 1–December 19

Sun Prairie

M/W 5:25–6:25 pm

Program Price \$260

Discounted Member Price \$130

West

SA 10:15–11:00 am

Program Price \$98

Discounted Member Price \$49



EAST SWIM TEAM

TRIAL WEEK

If you were not on the team before and unsure of what group to choose, register for Trial Week. The coaches will evaluate your swimming and let you know what group you should register for.

September 7 & 9

TU/TH 11 & Over 5:00–6:00 pm
Program Fee \$10

September 8 & 10

W/F 10 & Under 4:30–5:30 pm
Program Fee \$10

SWIM TEAM

WHITE

M/W 4:30–5:15 pm
Program Fee \$45/month

RED

M/W/TH 4:30–5:30 pm
Program Fee \$70/month

BLUE

M/W 4:30–5:45 pm
TH 4:30–6:00 pm
Program Fee \$80/month

BRONZE

M 5:30–6:30 pm
T 4:30–5:45 pm
W 5:45–7:15 pm
F 4:30–5:45 pm
Program Fee \$85/month

SILVER/GOLD

M 7:00–8:30 pm
(Dryland 7:00–7:45 pm/Pool 7:50–8:30 pm)
TU/TH 4:30–6:00 pm
W 5:45–7:45 pm
F 4:30–6:30 pm
Program Fee \$100/month

WEST SWIM TEAM

TRIAL WEEK

If you were not on the team before and unsure of what group to choose, register for Trial Week. The coaches will evaluate your swimming and let you know what group you should register for.

September 7 & 9

TU/TH 8 & Under 4:30–5:30 pm
Program Fee \$10

September 8 & 10

W/F 9 & Over 4:30–6:00 pm
Program Fee \$10

WHITE

M/W/F 4:15–5:00 pm
Program Fee \$55/month

RED

M/W/F 4:15–5:15 pm
Program Fee \$70/month

BLUE

TU/TH 4:30–5:45 pm
W 5:15–6:15 pm
Program Fee \$80/month

BRONZE

M/W 5:00–6:00 pm
TU/TH 4:30–6:00 pm
Program Fee \$85/month

SILVER

M/W 7:00–8:30 pm
TU/TH 7:30–9:00 pm
F 5:00–6:30 pm
Program Fee \$95/month

GOLD

M/W 7:00–9:00 pm
TU/TH 7:30–9:00 pm
F 5:00–6:30 pm
Program Fee \$100/month

Dryland practice added in October

If you were on the 2019/2020 team and are wondering what group to register for, PLEASE email the head swim team coach:

WEST: Alayna Gallegos: agallegos@ymcadane.org

EAST: Nick Nager: nnager@ymcadane.org

SWIM TEAM INFORMATION

- Online registration only starting August 6
- A \$65 fee is due at registration
- Full-season deductions occur on the first of each month from September–March
- Swimmers must be YMCA members
- For more information, visit ymcadane.org
- Financial assistance is available; contact the Aquatics director for more information.