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.
- Participants should only register for one class this session.
- A parent/caregiver (age 18+) needs to be in the water with children unable to pass the deep water test.
- Instructors will teach mostly from the pool deck. When they are in the pool, they will wear face shields.
- All classes are limited in size and will be held in 1-2 lane spaces so that social distancing can be maintained.
- All participants will have a temperature check and verbal health questionnaire upon entry.
- Individuals with a temperature of 100.4 or higher will not be permitted in the building.
- Only one parent/caregiver is allowed in the building with each child.
- Very limited seating, spaced at least six feet apart, will be available on the pool deck.
- All participants will exit class via the emergency door in the pool area.
- Swimmers are encouraged to arrive wearing swimsuits and ready to swim so that they can bypass the locker room.
- Please arrive no more than five minutes before your scheduled class time to keep occupancy numbers within guidelines and walkways clear. Please exit the building as soon as possible following your child’s lesson.
- Goggles will not be available; please bring your own if needed.
- EVERYONE OVER THE AGE OF 5 MUST WEAR A FACE MASK upon entry, at check-in and while entering the pool area and on the pool deck. Masks should be removed while swimming. Replace masks after your lesson and as you exit the facility.

**YOUTH BUILDING ACCESS GUIDELINES**

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

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.
WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months–3 years
PARENT* • CHILD: STAGES A–B

3–5 years
PRE-SCHOOL: STAGES 1–4

5–12 years
SCHOOL AGE: STAGES 1–6

12+ years
TEEN • ADULT: STAGES 1–6

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?

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

Will the student go underwater voluntarily?

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

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

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

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

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

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

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

STAGE DESCRIPTIONS

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
• Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit
• Jump, push, turn, grab

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

*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.

HAVE MORE QUESTIONS?
LUSSIER FAMILY EAST YMCA
SUN PRAIRIE YMCA
Robin Berg | rberg@ymcadane.org

LUSSIER FAMILY WEST YMCA
Becky Whiting | bwhiting@ymcadane.org
### SUN PRAIRIE YMCA
FALL 2
Fall 2: November 2-December 20
Program Price: $98 | Discounted Member Price: $49

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>9:00-9:30 am</td>
<td>Water Exploration</td>
</tr>
<tr>
<td></td>
<td>9:15-9:45 am</td>
<td>Water Exploration</td>
</tr>
<tr>
<td></td>
<td>9:35-10:05 am</td>
<td>Water Discovery</td>
</tr>
<tr>
<td></td>
<td>9:50-10:20 am</td>
<td>Youth 2</td>
</tr>
<tr>
<td></td>
<td>10:10-10:55 am</td>
<td>Youth 2 Intermediate/Advanced</td>
</tr>
<tr>
<td></td>
<td>10:25-10:55 am</td>
<td>Youth 3</td>
</tr>
<tr>
<td></td>
<td>11:00-11:45 am</td>
<td>Youth 1</td>
</tr>
<tr>
<td></td>
<td>4:00-4:30 pm</td>
<td>Preschool 1 • 2</td>
</tr>
<tr>
<td></td>
<td>4:00-4:45 pm</td>
<td>Youth 1 • 2 • 4</td>
</tr>
<tr>
<td></td>
<td>4:35-5:05 pm</td>
<td>Preschool 2 • 3</td>
</tr>
<tr>
<td></td>
<td>4:45-5:45 pm</td>
<td>Swim Team Prep - Inter. • Adv.</td>
</tr>
<tr>
<td></td>
<td>4:50-5:20 pm</td>
<td>Preschool 1 • 2</td>
</tr>
<tr>
<td></td>
<td>5:10-5:55 pm</td>
<td>Youth 2 • 3</td>
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<tr>
<td></td>
<td>5:25-5:55 pm</td>
<td>Water Discovery</td>
</tr>
<tr>
<td></td>
<td>6:00-6:45 pm</td>
<td>Youth 1 • 2 • 4 • 5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Teen/Adult-Intermediate/Advanced</td>
</tr>
</tbody>
</table>

### Lussier Family West YMCA
FALL 2
Fall 2: November 2-December 20
Program Price: $98 | Discounted Member Price: $49

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>9:15-9:45 am</td>
<td>Water Exploration</td>
</tr>
<tr>
<td></td>
<td>9:45-10:30 am</td>
<td>Swim Team Prep</td>
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<tr>
<td></td>
<td>9:50-10:20 am</td>
<td>Preschool 1 • 2</td>
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<tr>
<td></td>
<td>10:15-11:00 am</td>
<td>Youth 1</td>
</tr>
<tr>
<td></td>
<td>10:25-10:55 am</td>
<td>Preschool 3 • 4</td>
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<tr>
<td></td>
<td>10:30-11:00 am</td>
<td>Preschool 1</td>
</tr>
<tr>
<td></td>
<td>10:30-11:15 am</td>
<td>Teen/Adult</td>
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<td>10:40-11:35 am</td>
<td>Preschool 2</td>
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<td></td>
<td>10:40-12:10 pm</td>
<td>Youth 2 • 3</td>
</tr>
<tr>
<td></td>
<td>11:55 am-12:40 pm</td>
<td>Preschool 3 • 4</td>
</tr>
<tr>
<td></td>
<td>6:15-6:45 pm</td>
<td>Water Discovery</td>
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<tr>
<td></td>
<td>6:30-7:00 pm</td>
<td>Water Exploration</td>
</tr>
<tr>
<td></td>
<td>6:30-7:00 pm</td>
<td>Preschool 1 • 2 • 3 • 4</td>
</tr>
<tr>
<td></td>
<td>6:50-7:35 pm</td>
<td>Youth 1 • 2</td>
</tr>
<tr>
<td></td>
<td>7:05-7:50 pm</td>
<td>Youth 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Teen/Adult-Intermediate/Advanced</td>
</tr>
</tbody>
</table>

### 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 and Sun Prairie YMCA
Robin Berg | rberg@ymcadane.org
Lussier Family West YMCA
Becky Whiting | bwhiting@ymcadane.org
The YDC coaching staff believes in proper development of its swimmers and wants to see them develop at a rate that will promote longevity in their participation on the team and in the sport of swimming. Staff will determine which practice group is the best match for each swimmer. Swim team members are expected to participate in at least one meet a month. Parents are expected to volunteer at YDC host meets. Swimmers must be YMCA members.

**GROUP 2A (BLUE/BRONZE)**

This group will focus on perfecting strokes, starts and turns. In addition, this group will be exposed to endurance/more advanced endurance based interval trainings and developing race strategies.

**East**
- M 5:15-6:15 pm
- W & TH 5:00-5:45 pm
- Member Only $60/month

**GROUP 2B (BLUE/BRONZE)**

East
- M 5:15-6:15 pm
- W & TH 5:00-5:45 pm
- Member Only $60/month

**GROUP 3 (SILVER/GOLD)**

Here, we’ll focus on developing a more-advanced/high endurance base, advanced/mastery technique of strokes, starts and turns and advanced racing strategies.

**East**
- TU & F 4:00-4:45 pm
- W 6:00-7:00 pm
- Member Only $72/month

**SWIM TEAM INFORMATION**

- Online registration only.
- 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 ymca dane.org.

**BE A LEADER BE A LIFEGUARD**

**LIFEGUARD TRAINING COURSES**

**Sun Prairie**
- October 23 4:00-8:00 pm
- October 24 12:30-6:30 pm
- November 6 4:00-8:00 pm
- November 7 12:30-6:30 pm
- East
  - December 29 9:00 am-5:00 pm
  - December 30 9:00 am-5:00 pm
  - December 31 9:00 am-2:00 pm
- Program Fee $250

**LIFEGUARD REVIEW**

Course offered with blended learning (online portion through American Red Cross)

**Sun Prairie**
- November 13 6:00-9:00 pm
- November 14 2:00-5:00 pm
- East
  - December 28 9:00 am-3:00 pm
  - December 29 9:00 am-3:00 pm
- Program Fee $125

**MASTERS**

<table>
<thead>
<tr>
<th></th>
<th>TU/TH</th>
<th>7:00-8:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>TU/TH</td>
<td>8:00-9:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

**SWIM TEAM PREP-BEGINNER**

November 2-December 20

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.

**Sun Prairie**
- TU/TH 4:45-5:45 pm
- Program Price $242
- Discounted Member Price $121

**West**
- SA 9:45-10:30 am
- Program Price $98
- Discounted Member Price $49

**SWIM TEAM PREP-INTERMEDIATE/ADVANCED**

November 2-December 20

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.

**Sun Prairie**
- M/W 4:45-5:45 pm
- Program Price $260
- Discounted Member Price $130

**GROUP 2B (BLUE/BRONZE)**

East
- M 5:15-6:15 pm
- W & TH 5:00-5:45 pm
- Member Only $60/month

**GROUP 3 (SILVER/GOLD)**

Here, we’ll focus on developing a more-advanced/high endurance base, advanced/mastery technique of strokes, starts and turns and advanced racing strategies.

**East**
- TU & F 4:00-4:45 pm
- W 6:00-7:00 pm
- Member Only $72/month

**FULL SEASON: September 14-Mid-March**

Prices are subject to change.

We reserve the right to combine or cancel classes.