

SWIM GUIDE

SUMMER 2021



SUMMER 1 | JUNE 1-JULY 18
SUMMER 2 | JULY 19-SEPTEMBER 5

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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

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					
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.									

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

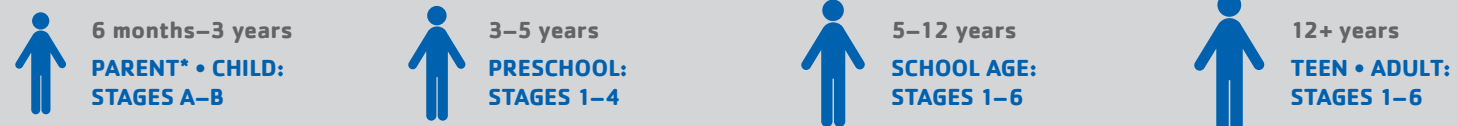
- CDC guidance stipulates that the new coronavirus cannot spread via properly chlorinated and maintained pool water. All of our pools meet or exceed CDC health standards.
- Participants should only register for one class this session.
- A parent/caregiver (age 18+) needs to be in the water with children in Water Exploration/Discovery and Preschool Levels 1 & 2.
- If not feeling well, PLEASE do not come to lessons.
- All classes are limited in size and will be held in 1-2 lane spaces so that social distancing can be maintained.
- 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.
- Swimmers are encouraged to arrive wearing swimsuits and ready to swim so that they can bypass the locker room however locker rooms are open.
- 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.

Open Swim Guidelines

- First-come, first-served
- Must maintain 6 ft. space between other swimmers
- A parent/guardian age 18+ must accompany any children under 16 in the pool area and are encouraged to be in the water with them to enforce social distancing
- If children are six and under, a parent/guardian MUST be in the water with them

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?

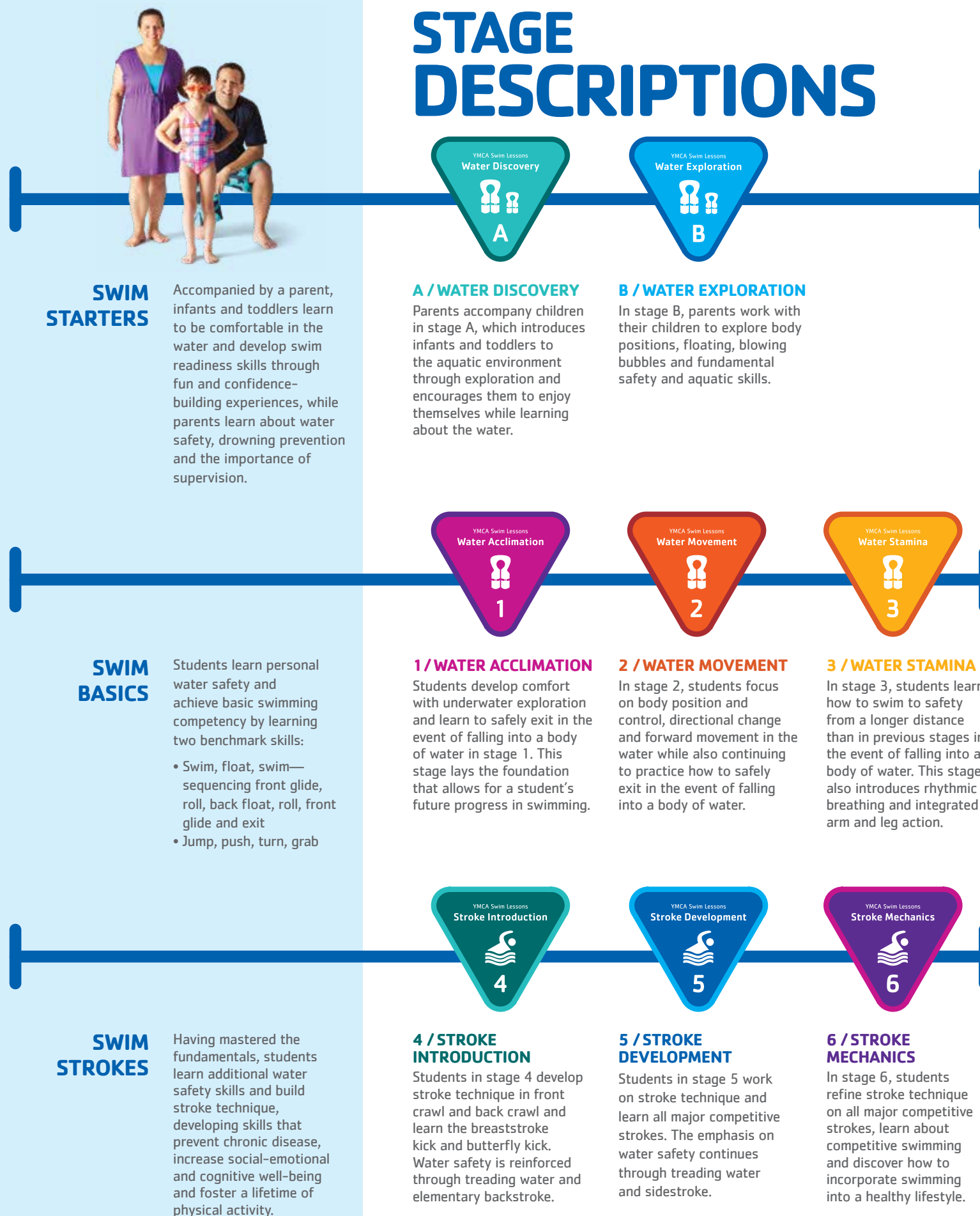
NOT YET **6 / STROKE MECHANICS**

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



SUMMER 1

Summer 1: June 1-July 18
 Program Price: \$98 | Discounted Member Price: \$49

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

SUMMER 2

Summer 2: July 19-September 5
 Program Price: \$98 | Discounted Member Price: \$49

SUMMER 2	THURSDAY	SATURDAY
9:00-9:30 am		Water Exploration Preschool 1
9:00-9:45 am	Youth 1 • 2	
9:35-10:05 am		Water Discovery Preschool 2 • 3 • 4
9:50-10:25 am	Youth 3	
10:10-10:40 am		
10:10-10:55 am		Youth 1 • 2
10:30-11:15 am	Youth 4 • 5	
11:00-11:45 am		Youth 3 • 4
11:50 am-12:35 pm		Youth 5 • 6 Teen/Adult Beginner



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



Sun Prairie Kiddie Pool

M/W.....9:00-11:00 am
 F.....3:00-6:00 pm
 SA/SU.....12:00-2:00 pm

- One hour max
- Two families per hour
- Max of six per family
- Sign up 48 hours in advance at the Front Desk
- One sign up/weekend

SUMMER

Summer 1: June 1-July 18
 Summer 2: July 19-September 5
 Program Price: \$98 | Discounted Member Price: \$49

SUMMER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
9:15-9:45 am			Preschool 1 • 2			
9:25-9:55 am	Water Discovery Water Exploration					
9:30-11:15 am					Swim Team Prep	
9:50-10:20 am			Preschool 3 • 4			
10:00-10:30 am	Preschool 1 • 2					
10:15-11:00 am						Youth 1 • 2
10:25-11:10 am			Youth 1 • 2			
10:35-11:05 am	Preschool 3 • 4					
10:30-11:00 am						Preschool 1
11:05-11:35 am						Preschool 2
11:05-11:50 am						Youth 3 • 4
11:15 am-12:00 pm			Youth 3 • 4			
11:40 am-12:10 pm						Preschool 3 • 4
11:55 am-12:40 pm						Youth 3 • 4 • 5 • 6
12:15-12:45 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 Teen/Adult-Beginner & Intermediate/Advanced		Youth 3 • 4 • 5 • 6		

BE A LEADER. BE A LIFEGUARD.

LIFEGUARD TRAINING COURSES

West
 May 14 6:00-9:00 pm
 May 15 8:00 am-2:00 pm
 May 16 8:00 am-1:00 pm
Sun Prairie
 May 21 4:30-8:30 pm
 May 22 9:00 am-5:00 pm
 May 23 10:00 am-6:00 pm
 Program Fee \$250

MASTERS

East
June 1-July 29
 TU/TH 7:00-8:15 pm
 See website for more information
 Program Price \$170
 Discounted Member Price \$45

SUMMER

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



JACK SPLASH

Opening May 29 EAST YMCA

Monday-Friday 10:00 am-7:00 pm
Saturday & Sunday 11:00 am-2:00 pm

We reserve the right to combine or cancel classes.

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. Swimmers must be YMCA members.

SWIM TEAM SUMMER CONDITIONING

June 1-July 23

Must be Y members

WHITE & RED

East

M	4:30-5:15 pm	
TH	4:15-5:00 pm	
Program Price		\$84

BLUE

East

TU & F	4:00-4:45 pm	
W	4:15-5:00 pm	
Program Price		\$108

BRONZE

M	5:15-6:15 pm	
W & TH	5:00-5:45 pm	
Program Price		\$120

SILVER/GOLD

M	6:30-7:15 pm	Dry land
TU	4:45-5:45 pm	
W	5:45-7:00 pm	
F	4:45-6:00 pm	
Program Price		\$204

West

June 1-July 23

Must be Y members

WHITE/RED-GROUP 1

M/TU/TH	4:00-4:45 pm	
Program Price		\$108

BLUE/BRONZE-GROUP 2

M-TH	4:00-5:15 pm	
Program Price		\$172

SILVER/GOLD-GROUP 3

M	4:45-6:45 pm	
TU/TH	4:45-6:30 pm	
W	4:00-5:30 pm	
Program Price		\$240

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.

Sun Prairie

TU/TH	5:15-6:15 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.

Sun Prairie

M/W	6:00-7:00 pm	
Program Price		\$260
Discounted Member Price		\$130

West

SA	10:30-11:15 am	
Program Price		\$98
Discounted Member Price		\$49