



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

2019 IONIA WINTER/SPRING PROGRAM

Winter Programs: January 7 -April 21 | Spring Programs: April 22- June 9

The Y. For a Better Us.™
YMCA OF GREATER GRAND RAPIDS

IONIA COUNTY YMCA • 250 East Tuttle • Ionia, MI 48846 • 616.527.5760 • www.grymca.org

BECOME A Y MEMBER &
SAVE ON ALL PROGRAMS



DEVELOPING CONFIDENCE WITH EVERY STROKE



FIND OUT WHICH SWIM LESSON IS BEST FOR YOUR CHILD THROUGH OUR SWIM FINDER AT: grymca.org/programs/swim-lessons

As America's favorite swim instructor and leader in water safety we've made changes to continue to inspire your swimmer to meet goals, take challenges, and grow in confidence and abilities. And with our low student-to-instructor ratio your child will continue to receive plenty of personal attention. All instructors and lifeguards are trained and certified with additional monthly trainings to deliver the optimal swim and water safety experience with the best techniques to strengthen your swimmer's skills.

SWIM LESSON PROGRESSION

6 months–36 months
PARENT/CHILD
Stages A–B

3 years–5 years
PRESCHOOL
Stages 1–4

6 years–12 years
YOUTH
Stages 1–6

SWIM STARTERS

Parent/ Child Lessons

SWIM BASICS

Recommended skills for all to have around the water

SWIM STROKES

Skills to support a healthy lifestyle

STAGE A

STAGE B

STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5

STAGE 6

SWIM STARTERS AGES 6 MONTHS–36 MONTHS

Led by an instructor, get in the pool with your child and learn lifesaving information. Build memories through games that teach your child pre-swim skills while achieving comfort in the water. Pre-swim skills include basic water movements such as kicking, arm strokes, and breath control. Focus in this level is on comfort and movement in the water. Technical form is not yet introduced. Swimmer must be at least 6 months old on first day of class and be able to control head movement.

- 30 minutes
- Waterproof diaper required for those not potty trained
- 12:1 student-to-instructor ratio

SWIM BASICS AGES 3-5 YRS & 6+ YRS

Learn personal water safety and achieve basic life-saving swim skills.

- 30 minutes; Goggles recommended
- 4:1 student-to-instructor ratio

PRESCHOOL 1 & YOUTH 1: WATER ACCLIMATION (Pike/Polliwog Equivalent)

Designed for beginner swimmers to help your child gain comfort in underwater exploration and develop independent movement with aid from an instructor as well as how to safely exit in the event of falling into a body of water.

PRESCHOOL 2 & YOUTH 2: WATER MOVEMENT (Pike/Eel/Guppy Equivalent)

Develop skills focused on independent floating and gliding in the water while continuing to build upon basic self-rescue skills performed unassisted.

PRESCHOOL 3 & YOUTH 3: WATER STAMINA (Eel/Guppy Equivalent)

Learn rhythmic breath control, arm and leg integrated movement, how to propel forward on front and back, as well as how to swim to safety from longer distances while practicing skills and techniques in deeper water

PARENT/ CHILD A: WATER DISCOVERY (Parent/Child 1 Equivalent)

Accompany your child while they gain comfort in the water and develop essential swim readiness skills through a fun, confidence-building experience.

PARENT/ CHILD B: WATER EXPLORATION (Parent/Child 2 Equivalent)

Through water exploration and guidance from an instructor, work in the pool with your child on basic swim body positions, floating, blowing bubbles and fundamental safety and swim skills.

SWIM STROKES AGES 3-5 YRS & 6+ YRS

Build upon water safety skills and refine stroke technique for a lifetime of water fun.

- Youth 4-6: 40 minutes
- Goggles recommended
- Preschool 4: 4:1 student-to-instructor ratio
- Youth 4-6 : 6:1 student-to-instructor ratio

PRESCHOOL 4 & YOUTH 4: STROKE INTRODUCTION (Ray/Minnow Equivalent)

Develop stroke techniques for the front and back crawl, breaststroke kick, and butterfly kick. Water safety is reinforced through practicing safety techniques in deeper water such as treading water and elementary back stroke.

YOUTH 5: STROKE DEVELOPMENT (Fish Equivalent)

Build stamina in the front and back crawl through stroke technique drills, while learning all major competitive strokes including the breaststroke and butterfly. Water Safety is reinforced through building endurance techniques in treading water and sidestroke.

YOUTH 6: STROKE MECHANICS (Flying Fish/Fish Equivalent)

Enhance endurance in competitive strokes while developing skills related to competitive swim such as flip turns. Discover how to incorporate swimming into a lifelong healthy lifestyle while refining skills and building endurance in deep water.

SWIM LESSONS

SWIM LESSONS		AGE	COST MEMBER/ NON MEMBER	7 WEEK SESSIONS
SWIM STARTERS	PARENT & CHILD	6 MO- 3 YR	\$44/\$70	MON 6:30 PM WED 6:30 PM SAT 10:35 AM
	PARENT/CHILD A WATER DISCOVERY			
SWIM BASICS	STAGE 1	3-5 YR	\$44/\$70	MON 6:30 PM WED 6:30 PM SAT 10:00 & 10:35 AM
	STAGE 2			
	STAGE 3			
STAGE 4	PRESCHOOL 4 STROKE INTRODUCTION	3-5 YR	\$44/\$70	MON 6:30 PM WED 6:30 PM SAT 10:00

SWIM LESSONS		AGE	COST MEMBER/ NON MEMBER	7 WEEK SESSIONS
SWIM STROKES	STAGE 1	6-12 YR	\$44/\$70	MON 7:05 PM WED 7:05 PM SAT 10:00 & 11:10 AM
	STAGE 2			
	STAGE 3			
	STAGE 4			
	STAGE 5			
	STAGE 6			

7 WEEK SESSION DATES <small>total 7 classes per session</small>	REGISTRATION DEADLINE
WINTER SESSION 1: JANUARY 7–FEBRUARY 24	DECEMBER 31, 2018
WINTER SESSION 2: FEBRUARY 25–APRIL 21 <small>*No classes will be held April 1-7.</small>	FEBRUARY 19, 2019
SPRING SESSION: APRIL 22–JUNE 9 <small>*No classes will be held May 27</small>	APRIL 15, 2019



JUNIOR LIFEGUARD CLUB

The Junior Lifeguard Club teaches preteens and teens lifesaving skills and water safety for pools and waterfront sites while emphasizing teamwork and leadership. Club members gain a wide variety of skills including CPR and First Aid certifications.

\$75/M | \$125/NM | 45 minutes
Wednesdays and Saturdays



ADULT SWIM & FITNESS

ADULTS		AGE	COST MEMBER/ NON MEMBER	7 WEEK SESSIONS
SWIM LESSONS	BEGINNER	18+	\$44/\$70	MO 7:45 PM
	INTERMEDIATE	18+	\$44/\$70	WE 7:45 PM
WATER FITNESS	AQUA FIT	13+	\$45/\$70 2 DAYS PER WEEK \$59/\$98 3 DAYS PER WEEK	MO/WE/FR* 8:00 AM
	DEEP CURRENTS	13+	\$45/\$70 2 DAYS PER WEEK	TU/TH* 6:30 PM
	TIDAL WAVE	13+	\$45/\$70 2 DAYS PER WEEK	TU/TH 6:00 PM
	WET WORKOUT	13+	\$45/\$70 2 DAYS PER WEEK \$59/\$98 3 DAYS PER WEEK	MO/WE/FR* 9:00 AM
FITNESS	BARRE FIT At Ionia County YMCA	13+	\$23/\$35	MO* 7:15 PM
	WOMEN'S SELF DEFENSE At Ionia County YMCA	13+	\$44/\$70	TH 6:15 PM
	BOOT CAMP At Ionia County YMCA	13+	\$23/\$35	WE 5:00 PM
	YOGA At Ionia County YMCA	13+	\$23/\$35	MO* 6:00 PM
	STRETCH, FLEX AND BALANCE At Ionia County YMCA	13+	\$23/\$35 1 DAY PER WEEK \$45/\$70 2 DAYS PER WEEK	MO/WE 6:00 PM
STRETCH, FLEX AND BALANCE/ YOGA COMBO	13+	\$45/\$70 2 DAYS PER WEEK	MO/WE 6:00 PM	
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PRIVATE LESSONS

MASTERS SWIM & SPRINGBOARD DIVING

Beginner or advanced, work with certified swim instructors individually or in a group. Lessons by appointment only. To sign up call 616.527.5760.

30 minute lessons



SWIM LESSONS

Ages 18+ Years | 45 minutes

BEGINNER

Gain comfort and learn the basics of the four developmental strokes. A special emphasis will be on rotary breathing. Progress at your own level.

INTERMEDIATE

Develop strength in several strokes, survival techniques, rotary breathing, and overall confidence in the water.

- Emphasis on endurance and speed

WATER FITNESS CLASSES

Ages 13+ Years | 1 Hour | Equipment Provided

AQUA FIT

Get a cardiovascular workout utilizing both shallow and deep water by using aerobic movements to strengthen all muscle groups and increase joint flexibility.

- 2 day or 3 day options
- Swimmers and non swimmers, all fitness levels

DEEP CURRENTS

A low to moderate intensity class held in deep water. Get a great low impact cardio workout to help improve joint mobility and strength.

- Swimmers and non swimmers, all fitness levels

TIDAL WAVE

Focus on core and cardio work in this moderate to high water exercise class.

- Moderate to high intensity

WET WORKOUT

Perform a wide range of motions to keep you flexible and fit while burning calories and having fun in the shallow or deep end of the pool.

- 2 day and 3 day options
- Low to moderate intensity

FITNESS CLASSES At Ionia County YMCA

Ages 13+ Years | Equipment Provided

BARRE FIT

This total-body class uses small, isolated and controlled movements to build strength, flexibility, and long, lean muscles. For all skill levels.

BOOT CAMP (NEW)

Boot Camp is a higher-intensity, motivational style fitness class. This class combines cardio, strength, plyometric and athletic drill style exercises. Boot camp is a rewarding and intense fitness experience for those looking for a workout challenge. Variations and modification will be demonstrated. *Multi-level

STRETCH, FLEX AND BALANCE

Balance is a key component for improving the quality of life as we age. The Stretch, Flex and Balance class incorporates range of motion stretches along with stationary and movement-based balancing exercises. This will provide you with greater mobility and improved balance. Suitable for all ages and abilities.

YOGA

Reduce stress, tone, relax, stretch and strengthen muscles through meditation, postures, and relaxation with attention to breathing to calm and focus the mind. For all levels. You are welcome to bring your own yoga mat.

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GET CONNECTED



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