

STRONG SWIMMER CONFIDENT KID

Winter 2023 Swim Lessons
Armed Services YMCA Killeen



Who are swim lessons for?

We offer swim lessons for all skill levels and ages!

When are swim lessons offered?

During the school year, we offer swim lessons on Mon/Wed, Tue/Thu, or Saturday Only. Each session consists of eight 30-minute lessons. We are located at 110 Mountain Lion Rd, Harker Heights, TX.

For a complete list of guidelines, visit our website at: www.asymca.org/killeen-swimlessons

What's a swim evaluation?

Evaluations ensure you or your child are placed in the correct level. If this is your first time registering, or if it has been several months since lessons, come in during our open swim hours for a free evaluation! An evaluation is required to register for Level 3, Level 4 and Level 5!



LEVEL DESCRIPTIONS

Parent & Child (6m - 3yrs)

Parents work with their children to learn fundamental safety and aquatic skills, such as floating, kicking, and swimming underwater.

Pre-School Level 1&2: Pre-School Age (3-5yrs)

Introduction to water safety. Students develop comfort submerging, floating, and putting eyes in the water while performing skills. Students also learn to focus on body position and control, changing direction and forward movement, with little to no help from the instructor.

****Parent recommended but not required to be in the water with child.**

Level 1&2: Beginner School Age (6-12yrs)

Introduction to water safety. Students develop comfort submerging, floating, and putting eyes in the water while performing skills. Students focus on body position and control, changing direction, and forward movement, with little to no help from the instructor.

Level 3: Intermediate School Age (6-12yrs)

Students learn how to swim to safety from a longer distance, swim in deep water, rhythmic breathing, front crawl, and new stroke kicks.

****Swim Evaluation/Registration Card is required for registration.**

Level 4: Stroke Improvement (5-12yrs)

Students work on stroke technique in front crawl, back crawl, breaststroke, and butterfly. Open turns are introduced.

****Swim Evaluation/Registration Card is required for registration.**

Level 5: Stroke Refinement (5-12yrs)

Students refine their stroke technique in front crawl, back crawl, butterfly, and breaststroke. Flip turns are introduced.

****Swim Evaluation/Registration Card is required for registration.**

Beginner Adult (13+yrs)

Students work on rhythmic breathing, floating, kicking, arm strokes and treading water.

Intermediate Adult (13+yrs)

Students work on stroke technique in front crawl, back crawl, and breaststroke. Flip turns and butterfly are optional.

**Did you pass Level 5? If so,
be sure to ask about our
Phantom Phins Swim Team!**

WEEKDAY SWIM LESSONS

9:00 am	9:40am	10:20am	11:00am
● Parent & Child	● Pre School Age	● Parent & Child	● Pre School Age
● Beg Adult	● Beg School Age	● Beg School Age	● Beg School Age
● Level 4/5	● Int Adult	● Level 3	MASTER Swim

AM lessons are
Tue/Thu ONLY

4:00pm	4:45pm	5:30pm	6:15pm	7:00pm
● Parent & Child	● Pre School Age	● Parent & Child	● Pre School Age	● Beg School Age
● Beg School Age	● Beg School Age	● Beg School Age	● Beg School Age	● Beg/Int Adult
● Level 3	● Level 4/5	● Level 3	● Level 4/5	MASTER Swim

Weekday Session Dates:

Winter Session 1:

Mon/Wed: Jan 4 - Jan 30

Tue/Thu: Jan 3 - Jan 26

****There will be no class on Jan 2**

Winter Session 2:

Mon/Wed: Feb 6 - Mar 1

Tue/Thu: Feb 7 - Mar 2

Registration:

Winter Session 1:

Members: Dec 19

Non-Members: Dec 26

Winter Session 2:

Members: Jan 13

Non-Members: Jan 16

Session Cost:

Members: \$40

Non-Members: \$75

\$10 transfer fee per child

SATURDAY SWIM LESSONS

8:00am	8:45am	9:30am	10:15am	11:00am
● Parent & Child	● Pre School Age	● Parent & Child	● Pre School Age	● Parent & Child
● Beg Adult	● Beg School Age	● Beg School Age	● Beg School Age	● Phantom Phins
● Level 4/5	● Level 3	● Level 4/5	● Level 3	

Saturday Session Dates:

Winter Session 1:

Saturdays: Jan 7 - Feb 25

Registration:

Winter Session 1:

Members: Dec 19

Non-Members: Dec 26

Session Cost:

Members: \$40

Non-Members: \$75

\$10 transfer fee per child

Lesson offerings are subject to change based on demand.
Lesson format is also subject to change based on our current environment.
No refunds.

Visit our website to learn more:
www.asymca.org/killeen-swimlessons

Scan the QR with
your smartphone
for the latest
version!

