

# STRONG SWIMMER CONFIDENT KID

Spring 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](http://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 Intermediate School Age, Level 4 and Level 5!



## LEVEL DESCRIPTIONS

### Parent and Child 1 (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: Parent and Child 2 (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.

### 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	<b>MASTER SWIM</b>

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	<b>MASTER SWIM</b>

### Weekday Session Dates:

#### Spring Session 1:

\*For Spring Session 1, we will NOT be offering  
Tue/Thurs evening Swim Lessons in the Lap Pool.

Mon/Wed: March 20 - April 12

Tue/Thu: March 21 - April 13

#### Spring Session 2:

Mon/Wed: April 24 - May 17

Tue/Thu: April 25 - May 18

### Registration:

#### Spring Session 1:

Members: Feb 17

Non-Members: Feb 20

#### Spring Session 2:

Members: March 31

Non-Members: April 3

### Session Cost:

Members: \$40

Non-Members: \$75

**\$10 Transfer fee**

## SATURDAY SWIM LESSONS

8:00am	8:45am	9:30am	10:15am	11:00am
● Parent/Child 1	● Parent/Child 2	● Parent/Child 1	● Parent/Child 2	● Parent/Child 1
● Beg Adult	● Beg School Age	● Beg School Age	● Beg School Age	● Phantom Phins
● Level 4/5	● Int School Age	● Level 4/5	● Int School Age	

### Saturday Session Dates:

#### Spring Session 1:

Saturdays: March 11 - April 29

#### Spring/Summer Session 2:

Saturdays: May 13 - July 1

### Registration:

#### Spring Session 1:

Members: Feb 4

Non-Members: Feb 6

#### Spring/Summer Session 2:

Members: April 1

Non-Members: April 3

### Session Cost:

Members: \$40

Non-Members: \$75

**\$10 Transfer fee**

Lesson offerings are subject to change based on demand.

No refunds.

\$10 Transfer Fee for any transfer made.

Visit our website to learn more:

[www.asymca.org/killeen-swimlessons](http://www.asymca.org/killeen-swimlessons)

Scan the QR with  
your smartphone  
for the latest  
version!

