

Youth Adaptive Aquatics Swimming Lessons

Swimming and water safety instruction for educational and leisure purposes for youth with disabilities. Swimming is an excellent way to improve motor fitness, physical fitness, social skills, and self-confidence for both people with and without disabilities.

Sessions

Jan. 4 - Feb. 4 **5 weeks**

(non-member registration starts Dec. 16)

Feb. 8 - Mar. 11 **5 weeks**

(non-member registration starts Feb. 3)

March 29 -April 29 **5 weeks**

(non-member registration starts March 10)

May 3 - June 3 **5 weeks**

(non-member registration starts April 28)

Parent/Child M/W 10 - 10:30 am
 T/Th 11:15 - 11:45 am
 T/Th 5:45 - 6:15 pm

Youth with Adult Swim Lessons
Monday/Wednesday
3:45 - 4:30 pm

Adaptive Swim Lessons
Monday/Wednesday
3:45 - 4:30 pm

Parent/Child Saturday Classes

Jan. 9 - Mar. 13 **10 weeks**

(non-member registration begins Dec. 16)

April 3 - June 5 **10 weeks**

(non-member registration begins Mar. 10)

Sat. 9:30 - 10:00 am

Sat. 11:15 - 11:45 am

For Information Call
503-399-2792

Fees (per session)

Parent/Child \$25 Y Fam member
 \$45 non-member
Youth w/ Adult \$38 Y Fam member
 \$51 non-member
Adaptive Lessons \$51 Y Fam member
 \$64 non-member

Parent/Child - For young children ages 6 months to 3 years and their parents. Instructors are caring and enthusiastic placing emphasis on safety, water adjustment, movement, exploration, songs, games and FUN!! An adult accompanies each child in the pool. This is a mainstreamed class.

Youth with Adult Swim Lessons-
For youth ages 4 - 12 and an adult caregiver or parent. An instructor will lead the small group through activities designed to improve water safety and introduce swimming skills. Activities may be modified as needed by the caregivers.

Adaptive Swim Lessons - Swimming lessons paced for the child 4 - 12 years old with special needs. Child must be able to safely stand in a 3 foot depth and hold on to the wall or be able to sit on the edge of the pool to wait for a turn, be able to imitate demonstrations and also understand verbal directions. Child does not need to be verbal. Parent or caregiver must stay in pool area during the lesson.

Registration

Y Family members may register for a class two weeks prior to the non-member registration date. Non-members may register 5 days prior to the start of any session or beginning on the date noted in this trifold. Register for classes over the phone with a credit or debit card at 503-399-2759, on-line at www.youry.org or register in person at the YMCA with your choice of payment method. All classes are subject to change or cancellation if enrollment is low.

Private Lessons

Thirty minute private lessons are available through special arrangements with an experienced instructor. Call 399-2792 for more information or to schedule a private lesson.

\$16.00 per 1/2 hr Y member
\$20.00 per 1/2 hour non-member