

CLARK COUNTY FAMILY YMCA

SPRING 2024 SWIM LESSONS

The Y is “America’s Swim Instructor” and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. The Y introduced the country to the concept of group swim lessons more than 100 years ago (1909), and each year, the Y teaches more than a million children invaluable water safety and swimming skills.

As one of the largest community-based organizations in the country, the Y owns or manages over 2,000 pools. Thanks to its size and reach, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the U.S.—especially in underserved communities.

TABLE OF CONTENTS:

1. [Tuesday/Thursday Evening Lessons](#)
2. [Wednesday Afternoon Lessons](#)
3. [Saturday Lessons](#)
4. [Aquatics Summer Camps](#)

TUESDAY/THURSDAY EVENINGS

4 WEEK SESSIONS | 8 LESSONS | 30 MINUTES

Member: \$115 | Non-member: \$173

	SESSION DATES	REGISTRATION DATES	
MAR	MAR 5 – MAR 28	Member:	FEB 19 – MAR 2
		Non-member:	FEB 26 – MAR 2
APR	APR 9 – MAY 2	Member:	MAR 18 – MAR 30
		Non-member:	MAR 25 – MAR 30
MAY	MAY 7 – MAY 30	Member:	APR 22 – MAY 4
		Non-member:	APR 29 – MAY 4

Ages 6-36 months

Parent/Child A & B Combo – 5:15PM

Ages 3-5 years

Level 1-Water Acclimation – 5:15PM, 6:25PM

Level 2-Water Movement – 5:15PM, 6:25PM

Level 3-Water Stamina – 5:50PM, 6:25PM

Ages 5-12 years

Level 1-Water Acclimation – 5:50PM, 7 PM

Level 2-Water Movement – 5:50PM, 7PM

Level 3-Water Stamina – 5:50PM, 6:25PM

Level 4-Stroke Introduction (40 minutes lessons) – 4:30PM, 7:05PM

Level 5-Stroke Development (40 minutes lessons) – 7:05PM

Level 6 Stroke Mechanics (40 minutes lessons) – 6:20PM

Ages 13 & up

Teen/Adult Beg. – 7PM

Aquatic Conditioning

Aquatic Conditioning – 5:15PM

WEDNESDAY AFTERNOON

4 WEEK SESSIONS | 4 LESSONS | 45 MINUTES

Member: \$84 | Non-member: \$117

	Session Dates	Registration Dates	
MAR	MAR 5 – MAR 27	Member: FEB 19 – MAR 2 Non-member: FEB 26 – MAR 2	
APR	APR 10 – MAY 1	Member: MAR 18 – MAR 30 Non-member: MAR 25 – MAR 30	
MAY	MAY 8 – MAY 29	Member: APR 22 – MAY 4 Non-member: APR 29 – MAY 4	

Ages 6-36 months

Parent/Child A & B Combo – 3:15PM

Ages 3-5 years

Level 1-Water Acclimation – 3:15PM, 5:45PM

Level 2-Water Movement – 3:15PM, 4:55PM

Level 3-Water Stamina – 4:55PM

Ages 5-12 years

Level 1-Water Acclimation – 4:05PM

Level 2-Water Movement – 4:05PM

Level 3-Water Stamina – 4:05PM, 4:55PM

Level 4-Stroke Introduction – 3:15PM, 4:55PM

Level 5-Stroke Development – 5:45PM

Level 6-Stroke Mechanics – 4:05PM

Ages 13 & up

Teen/Adult Int. – 7:45PM

SATURDAYS

4 WEEK SESSIONS | 4 LESSONS | 45 MINUTES

Member: \$84 | Non-member: \$117

	SESSION DATES	REGISTRATION DATES	
MAR	MAR 9 – APR 2	Member:	FEB 19 – MAR 2
		Non-member:	FEB 26 – MAR 2
APR	APR 6 – APR 27	Member:	MAR 18 – MAR 30
		Non-member:	MAR 25 – MAR 30
MAY	MAY 4 – MAY 25	Member:	APR 22 – MAY 4
		Non-member:	APR 29 – MAY 4

Ages 6-36 months

Parent/Child A & B Combo – 8:15AM, 1:35PM

Ages 3-5 years

Level 1-Water Acclimation – 2:25PM

Level 2-Water Movement – 1:35PM

Level 3-Water Stamina – 2:25PM

Ages 5-12 years

Level 1-Water Acclimation – 3:15PM

Level 2-Water Movement – 3:15PM

Level 3-Water Stamina – 2:25PM

Level 4-Stroke Introduction – 1:35PM, 3:15PM

Level 5-Stroke Development – 2:25PM

Level 6-Stroke Mechanics – 1:35PM

Ages 13 & up

Teen/Adult Beg. – 8:15AM

Teen/Adult Int. – 8:15AM

SUMMER 2024 AQUATICS CAMPS

AQUATIC LEADERS CLUB (Jr Swim Instructors / Jr Lifeguards)

WEEK (02) MON-FRI | JUN 24 – JUN 28 | 8:30AM – 2:30PM

WEEK (07) MON-FRI | JUL 29 – AUG 2 | 8:30AM – 2:30PM

Member: \$294 | Non-member: \$345

Member Reg: Feb 5 – July 27 | Nonmember Reg: Feb 12 – July 27

Ages: 11-15

Description: This program encourages leadership development in aquatic safety with a goal to prepare and motivate participants to eventually become lifeguards and swim instructors through a separate certification course. Participants will have the opportunity receive an American Red Cross Adult & Pediatric First Aid/CPR/AED certification during this program.

SIRENS OF THE DEEP CAMP (Mermaids and Mermen)

WEEK (04) MONDAY-FRIDAY | JUL 8 – JUL 12 | 8:30AM – 2:30PM

Member: \$240 | Non-member: \$282

Member Reg: Feb 5 – July 6 | Nonmember Reg: Feb 12 – July 6

Ages: 6 - 12

Description: A new offering this year - Dive into a world of wonder! The adventure begins on dry land where we will learn all about mermaids and mermen with fun activities. Unleash your inner mermaid or merman and make a splash in this whimsical adventure. After lunch we will dive into the pool and enjoy the underwater world!

AQUATIC PATHWAYS (Endurance, Sports, & Games)

WEEK (05) MONDAY-FRIDAY | JUL 15 – JUL 19 | 1PM – 2:30PM

Member: \$170 | Non-member: \$200

Member Reg: Feb 5 – July 13 | Nonmember Reg: Feb 12 – July 13

Ages: 6-18

Description: This camp builds endurance on all major competitive strokes and encourages aquatic sports and games as part of a healthy lifestyle. Participants will develop knowledge in various aquatic skills and sports, such as water polo, snorkeling, diving, and synchronized swimming.

S.T.E.M. by LAND AND SEA (Science, Technology, Engineering, Math)

WEEK (06) MONDAY-FRIDAY | JUL 22 – JUL 26 | 8:30AM – 2:30PM

Member: \$240 | Non-member: \$282

Member Reg: Feb 5 – July 20 | Nonmember Reg: Feb 12 – July 20

Ages: 6-12

Description: A new offering this year - Learn about hydrodynamics, buoyancy, water chemistry, and more! We'll showcase scientific topics relating to the water through activities and experiments in the pool. At STEM by Land and Sea Camp, campers explore volcanoes (geology), the ocean (marine science, oceanography), the forest (biology, botany, zoology), and the environment (climate, meteorology). Campers will start the morning on dry land learning then head to the pool for the afternoon to continue their learning in the water!

SWIM SKILLS & DRILLS (

WEEK (08) MONDAY-FRIDAY | AUG 5 – AUG 9 | 1PM – 2:30PM

WEEK (09) MONDAY-FRIDAY | AUG 12 – AUG 16 | 1PM – 2:30PM

Member: \$170 | Non-member: \$200

Member Reg: Feb 5 – Aug 3 | Nonmember Reg: Feb 12 – Aug 3

Ages: 6-12 (WEEK 08) & 12-17 (WEEK 09)

Description: Practice your swim strokes in a fun clinic type setting. Learn the ins/outs of being on a swim team!