



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NORTH BOROUGHGS Y SWIM LESSONS



	MONDAY	WEDNESDAY
Fall	Oct 1–Nov 19	Oct 3–Nov 28
Winter (6 weeks)	Jan 7—Feb 11	Jan 9—Feb 13
Spring	Mar 11– Apr 29	Mar 13– May 1

PRESCHOOL	Monday	6:45–7:15PM	\$52/\$72/\$76
	Wednesday	6:45–7:15 PM	\$52/\$72/\$76
YOUTH– Level 1-3	Monday	7:20–7:50 PM	\$52/\$72/\$76
	Wednesday	7:20–7:50 PM	\$52/\$72/\$76
YOUTH– Level 4-6	Monday	7:20–8:00 PM	\$58/\$78/\$84
	Wednesday	7:20–8:00 PM	\$58/\$78/\$84

Financial Assistance is Available

Fees are Facility Member/Program Member/Non-member and are for 6 lessons. We will not turn you away because of inability to pay and will work with you.

All lessons held at Northgate High School Pool,
 589 Union Ave, Pittsburgh, PA 15202

For more information contact Marisa Iverson– Senior Program Director–Aquatics,
 miverson@ymcapgh.org 412-773-6444



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Parent-Child (6-36 Months)

Swim Starters : This is an introduction to the aquatic environment for parents and their infants/toddlers. The infants learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. This level introduces infants and toddlers to the aquatic environment and focuses on body positions, blowing bubbles, and fundamental safety and aquatic skills.

Preschool (Ages 3-5)

Swim Basics : Students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

Level 1: Water Acclimation : This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic self rescue skills with assistance, pool safety, and increase comfort with underwater exploration.

Level 2: Water Movement : This level is for children who are comfortable in the water. It encourages forward movement in the water. They will also be able to perform basic self-rescue skills independently. Swimmer should be able to perform Swim-Float-Swim independently and Jump-Push-Turn-Grab unassisted.

Level 3: Water Stamina : Children at this level review previously learned skills and develop intermediate self-rescue skills performed for longer distances. They also learn underwater swimming skills. Children can swim a length of the pool on their front and back at the end of this level.

Level 4: Stroke Introduction : This level introduces basic stroke technique in front crawl and back crawl. The students will begin to learn to dive. This level also reinforces water safety through treading water and elementary backstroke.

Youth (Ages Kindergarten-12 Years)

Level 1: Water Acclimation : This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic self rescue skills with assistance, pool safety, and increase comfort with underwater exploration.

Level 2: Water Movement : This level is for children who are comfortable in the water. It encourages forward movement in the water. They will also be able to perform basic self-rescue skills independently.

Level 3: Water Stamina : Children at this level review previously learned skills and develop intermediate self-rescue skills performed for longer distances. They also learn underwater swimming skills. Children can swim a length of the pool on their front and back at the end of this level.

Level 4: Stroke Introduction : This level introduces basic stroke technique in front crawl and back crawl. The students will begin to learn to dive. This level also reinforces water safety through treading water and elementary backstroke.

Level 5: Stroke Development : This level introduces breast stroke and butterfly. The children further reinforce water safety through treading water and side stroke. They will also learn kneeling diving.

Level 6: Stroke Mechanics : At this point, students work refine stroke technique on all major competitive strokes. The students will learn flip turns and standing dives. It also encourages swimming as a part of a healthy lifestyle.

Adult (Ages 13 and up)

Adult Beginner (levels 1-3) is a class for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers are taught basic swimming skills and water safety.

Intermediate/Advanced (Levels 4-6) are for adults who are comfortable in the water and who would like to work on stroke development and endurance. It is perfect for those who have limited swimming skills and would like to improve their techniques.



POOL GUIDE

North Boroughs YMCA
 YMCA OF GREATER PITTSBURGH
 629 Lincoln Ave, Pittsburgh PA 15202

October 2018– May 2019

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POOL HOURS

	Mon	Tues	Wed	Thurs	Fri
Lap	7-8p	7-8p	7-8p	7-8p	7-8p
Open Swim		7-8p		7-8p	
Family Night					7-8p

Pool Closures

October– 31
 December– 6, 11, 17, 24-31
 January– 1-4, 10, 17, 31,
 February– 14, 18-28
 March– 1-8

All pool programs located at Northgate High School Pool–
 589 Union Ave, Pittsburgh PA 15202

Private Swim Lessons

Private and Semi-Private swim lessons will work around your schedule for individualized trainings. They are flexible for the participants needs. **Contact Marisa Iverson, miverson@ymcaphg.org for more information and semi-private lesson prices.**

30 Minute

1 session	\$25/\$35/\$38
4 sessions	\$96/\$136/\$148
8 sessions	\$184/\$248/\$288

45 Minute

1 session	\$32/\$42/\$45
4 sessions	\$124/\$164/\$176
8 sessions	\$240/\$320/\$344

Pool Fees

Y Member– Free
 Program member–\$3/person
 Facility member– \$3/person
 Punch Card– \$10 (4 visits)

Marisa Iverson–

Senior Program Director–
 Allegheny & North Boroughs
 YMCA

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