

FALL RIVER YMCA | SUMMER PROGRAMS 2022

June 27 - August 21

SUMMER C

JUNE 27 - AUGUST 21

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|--------------------------------|---|---------------------------------|--------------------------------|---|
| PRE-K STAGE 3 4:00PM | YOUTH STAGE 2 4:00PM | YOUTH STAGE 3 4:00PM | PRE-K STAGE 2 4:00PM | PRE-K STAGE 2 4:00PM | PRE-K STAGE 2 STAGE A/B 9:00AM |
| PRE-K STAGE 1 4:30PM | YOUTH STAGE 4 4:30PM | YOUTH STAGE 2 4:30PM | YOUTH STAGE 4 4:30PM | YOUTH STAGE 3 4:30PM | PRE-K STAGE 1 YOUTH STAGE 3 9:30AM |
| YOUTH STAGE 3 5:00PM | PRE-K STAGE 1 5:00PM | YOUTH STAGE 1 5:00PM | PRE-K STAGE 4 5:00PM | YOUTH STAGE 5 5:00PM | YOUTH STAGE 4 YOUTH STAGE 5 10:00AM |
| YOUTH STAGE 1 5:30PM | YOUTH STAGE 3 5:30PM | STAGE A/B 5:30PM | YOUTH STAGE 1 5:30PM | STAGE A/B 5:30PM | PRE-K STAGE 1 STAGE A/B 10:30AM |
| ADULT BEGINNER 6:00PM | PRE-K STAGE 2 6:00PM | ADULT INTERMEDIATE 6:00PM | YOUTH STAGE 6 6:00PM | YOUTH STAGE 2 6:00PM | PRE-K STAGE 2 YOUTH STAGE 4 11:00AM |
| | PRE-K STAGE 3 6:30PM | | PRE-K STAGE 1 6:30PM | PRE-K STAGE 1 6:30PM | PRE-K STAGE 1 STAGE A/B 11:30AM |
| | YOUTH STAGE 6 7:00PM | | ADULT BEGINNER 7:00PM | | |

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GROUP LESSONS

- **Stage A/B: Water Discovery & Exploration**

Ages 6 months - 2 years

A parent/child lesson that introduces infants and toddlers to basic aquatic safety and skills.

- **Stage 1: Water Acclimation**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students develop comfort with underwater exploration and learn to safely enter & exit the pool.

- **Stage 2: Water Movement**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students focus on body position and control, directional change, and forward movement in the water.

- **Stage 3: Water Stamina**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students learn how to swim safely for longer distances, rhythmic breathing and integrated leg and arm actions are introduced.

- **Stage 4: Stroke Introduction**

Pre-K: Ages 3 - 6 years

Youth: Ages 6 - 12 years

Students develop stroke techniques in front crawl and back crawl and learn the breaststroke kick.

- **Stage 5: Stroke Development**

Youth: Ages 6 - 12 years

Students work on stroke technique in all major competitive strokes.

- **Stage 6: Stroke Mechanics**

Youth: Ages 6 - 12 years

Students refine stroke technique in all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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June 27 - August 17

FALL RIVER LIGHTNING SWIM TEAM

SEASON INFORMATION

Start Date: June 27th, 2022

End Date: August 17th, 2022

Duration: 8 Weeks

TRYOUTS & PRICING

Tryouts: June 20th and 22nd
6:30pm - 7:15pm

Price: \$125

PRACTICE DAYS & TIMES

Practice 1: Mondays & Wednesdays | 6:30pm - 7:30pm

Practice 2: Mondays & Wednesdays | 7:30pm - 8:30pm

*Practice assignments are determined by Coach Kayln by age and ability

WHAT TO EXPECT

Swimmers will be working on technique and endurance in all four major swim strokes. This team is open to swimmers ages 6-18, with an inclusive program curriculum and workouts by age group. While this season does not include competitive meets, it is a great time for new swimmers to start out and returning swimmers to stay in shape for the competitive season in the Fall & Winter. New swimmers are required to tryout, dates for tryouts can be found above.



For additional information, please contact Lightning's Head Coach:

Kayln Sardinha

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