



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

Swim Lesson Upgrade Overview

At the Y, we believe that swimming is a life skill. Because of our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the United States.

The Y has a long tradition of providing effective, high-quality swim lesson programs that teach people to have fun and be safe around water.

The **new** swim lessons curriculum allows for both standardization and flexibility. Each child will participate in a skill testing and parent orientation to determine the class to sign up for.

YOUTH SWIM LESSONS

LEVEL 3: WATER STAMINA

Students will have mastered basic swimming competency and will work to increase endurance. Students will be able to swim on front, swim on back, tread water and practice swim float swim technique.

Saturday: 11:30AM—12:00PM OR

Monday: 5:05 –5:45PM OR

Monday through Thursday: 5:30-6:00PM

LEVEL 4: STROKE INTRODUCTION

Having mastered the fundamentals, students will learn additional water safety skills and build stroke technique.

Saturday: 9:40AM - 10:10AM OR

Monday: 5:05 –5:45PM OR

Monday through Thursday: 6:00 - 6:30PM

LEVEL 5: STROKE DEVELOPMENT

Students continue to refine stroke technique, work on endurance and develop skills that foster a life time of physical activity.

Saturday : 10:15AM—10:55AM

LEVEL 6: STROKE MECHANICS

MINI DOLPHINS - 8 LANE POOL

Transition from swim lessons to swim team

Prereq.: 6 years old and must have passed Level 3
Students will learn endurance, front crawl, back crawl dive, resting stroke, tread water, breaststroke and butterfly. Limited to the first 8 and minimum of 3 to run.

FEE:

Members: \$35.00

Program Participant: \$70.00

Mondays

Session I 6/11 - 7/9

Session II 7/16 - 8/13

6:30 - 7:30PM

**5 Week Sessions - 1
day per week**

SESSION I

Mondays

6/11 - 7/9

Saturdays

6/9 - 7/7

SESSION II

Mondays

7/16 - 8/13

Saturdays

7/14 - 8/11

FEES:

Members: \$25

Program Participant: \$50

**2 Week Sessions - 4
days per week**

SESSION I

Monday - Thursday

6/18- 6/28

SESSION II

Monday - Thursday

7/9 - 7/19

FEES:

Members: \$35

Program Participant: \$65

SKILL TESTING AND PARENT ORIENTATION DATES

It is important to assess your child's skill level before signing up for swim lessons. All participants will be required to attend a Skills Assessment and Orientation prior to the start of their lessons.

SESSION I TESTING

Monday, April 30, 2018

Anytime between 6:00 - 7:30PM

Friday, May 25

Anytime between 6:00 - 7:30PM

Monday, June 4

Anytime between 6:00 - 7:30PM

SESSION II TESTING

Monday, July 9, 2018

Anytime between 6:00 - 7:30PM

If you are unable to attend one of the above, call or stop by the Service Center to set up an appointment.

PRIVATE SWIM LESSONS

These lessons are designed to give participants individualized attention in order to improve or master their swimming skills. The instructor and the participant/parent determine their goals for the session. Contact the Aquatics Director, Keri Fry at kfry@marionfamilyymca.org

4 Lessons at 30 Minutes Each

FEE: Member: \$70

Program Participant: \$115