



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM, SPORTS

## 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, May 1, 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](mailto:kfry@marionfamilyymca.org)

4 Lessons at 30 Minutes Each

**FEE: Member: \$70**  
**Program Participant: \$115**