



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

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.

PRESCHOOL SWIM LESSONS

LEVEL A : WATER DISCOVERY

This stage introduces infants and toddlers to the aquatic environment. As youth develop at this stage, focus is on the important milestones. Encouraging parents to set developmentally appropriate expectations for infants and toddlers enrolled in swim lessons is important. Basic water safety will be introduced to parents.

Saturday: 9:00 - 9:30AM OR
Monday - Thursday: 5:00 - 5:30PM

LEVEL B : WATER EXPLORATION

Students younger than 3 must have a parent in the water with them. Students will learn personal water safety and be assisted in learning the following skills: front tow, back float, front float and back tow.

Saturday: 9:40AM - 10:10AM OR
Monday: 5:50 - 6:20PM OR
Monday through Thursday: 5:30 - 6:00PM

LEVEL 1: WATER ACCLIMATION

Students learn personal water safety and achieve basic swimming competency. Students begin to work unassisted on swim-float-swim sequencing and jump, push, turn and grab technique.

Saturday: 10:50AM - 11:20AM OR
Monday: 5:50 - 6:20PM OR
Monday through Thursday: 6:00 - 6:30PM

LEVEL 2: WATER MOVEMENT

Students learn personal water safety and will master 2 of the following benchmark skills: Swim float, swim-sequencing front glide, roll, back float, roll back float, roll, front glide, and exit-jump, push, turn and grab.

Monday: 6:25 - 6:55PM OR
Monday - Thursday: 6:30 - 7:00PM

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: \$15
Program Participant: \$35

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: \$22
Program Participant: \$55

In the case of lightning, the pool will be closed for 20 minutes following the last sound of thunder. Please call ahead if you have questions

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.