



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, 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.**