



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.

The 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.

Monday: 5:45-6:45PM

LEVEL 4: STROKE INTRODUCTION

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

Monday: 6:00-6:40PM

LEVEL 5: STROKE DEVELOPMENT

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

Monday: 6:40-7:20PM

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.

September 10 through October 8, 2018
6:30 - 7:30PM and
October 15 - November 12, 2018

FEE:
Members: \$35.00 **Program Participant:** \$70.00

5 Week Sessions - 1 day per week

Monday

Session I: Sept 10 - Oct. 8
Session II Oct. 15 - Nov. 12
Session III: Nov. 19 - Dec. 17

FEES:

Members: \$25

Program Participant: \$50

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.

TESTING DATES

July 31, August 3 & September 5
Anytime between 5:30—7:30PM

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





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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 - Small Pool

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: 9:35AM - 10:05AM - Small Pool OR
Wednesday: 7:05PM - 7:35PM- Small Pool**

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: 9:00AM - 9:30AM - Small Pool OR
Wednesday 6:30PM - 7:00PM - Small Pool**

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.

**Saturday: 9:35AM - 10:05 - Small Pool OR
Wednesday: 6:15PM - 6:45PM - Small Pool**

5 Week Sessions - 1 day per week

Saturday

Session I: Sept 8 - Oct. 6
Session II Oct. 13 - Nov. 10
Session III: Nov. 17 – Dec. 15

Wednesday

Session I: Sept 12 - Oct. 10
Session II Oct. 17 - Nov. 14
Session III: Nov. 21 – Dec. 19

FEES:

Members: \$25
Program Participant: \$50

Members: \$25

Program Participant: \$50

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

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