



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS & CONFIDENT KIDS

## 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 to determine the class best suited for them.

## 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.

**Sunday: 12:30 - 1:00PM**

### 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.

**Sunday: 1:00 - 1:30PM OR  
Monday: 5:50 - 6:20PM OR  
Thursday: 5:50 - 6:20PM**

### 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.

**Sunday: 1:40 - 2:10PM OR  
Monday: 5:50 - 6:20PM OR  
Thursday: 5:50 - 6:20PM**

### 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.

**Sunday: 2:15 - 2:45PM OR  
Monday: 6:25 - 6:55PM OR  
Thursday: 6:25 - 6:55PM**

### Mondays

January 7 - February 18, 2019  
February 25 - April 8, 2019

### Thursdays

January 10 - February 21, 2019  
February 28 - April 11, 2019

### Sundays

January 6 - February 17, 2019  
March 3 - April 14, 2019

### FEES:

**Members: \$20**

**Program Participant: \$40**

**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 about whether the pool is open.**

## 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 TESTING

**January 3 & 4**

**6:30 - 7:30PM**

**February 18 - 6:00PM**

**February 21 - 6:00PM**

## 2019 PRIVATE SWIM LESSONS

4 lessons of 30 minutes each

Members: \$70 for a package of 4 lessons

Program Participants: \$115 for a package of 4 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 sessions.





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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.

**Sunday: 12:30 PM - 1:10PM OR**

**Monday: 5:05 - 5:45PM OR**

**Thursday: 5:05 - 5:45PM**

### LEVEL 4: STROKE INTRODUCTION

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

**Sunday: 1:15PM - 1:55PM OR**

**Monday: 5:05 - 5:45PM OR**

**Thursday: 5:05 - 5:45PM**

### 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 8 Lane Pool**

### 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, resting stroke, tread water, breaststroke and butterfly. Limited to the first 8 and minimum of 3 to run.

**FEE:**

**Members: \$35.00**

**Program Participant: \$75.00**

**Mondays**

**6:30 - 7:30pm**

1.7.18 - 2.18.19

### Mondays

January 7 - February 18, 2019

February 25 - April 8, 2019

### Thursdays

January 10 - February 21, 2019

February 28 - April 11, 2019

### Sundays

January 6 - February 17, 2019

March 3 - April 14, 2019

**Level 3-5**

**FEES:**

**Members: \$30**

**Program Participant: \$55**

## 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 TESTING

**January 3 & 4**

**6:30 - 7:30PM**

**February 18 - 6:00PM**

**February 21 - 6:00PM**

