



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

8 Week Session - 1
day per week

SESSION I

Mondays
6/10 - 7/29
Saturdays
6/15 - 8/3

FEES*:

Members: \$25
Program Participant: \$55

2 Week Sessions - 4
days per week

SESSION I

Monday - Thursday
6/10- 6/20

SESSION II

Monday - Thursday
7/8 - 7/18

SESSION III

Monday - Thursday
7/22-8/1

FEES*:

Members: \$25
Program Participant: \$55

*Thanks to a donation from the Fly High for Jaylynn Memorial Run, every child age 4 & younger may receive a session of swimming lessons for just \$5. So that as many children can benefit as possible, the \$5 session is limited to one per child. Subsidy will continue until donation amount is exhausted. For Jaylynn's story, see the Facebook Page Fly High Jaylynn Memorial Run. Thanks to those who are dedicated to water safety in her memory.

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

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, June 3
Anytime between 6:00 - 7:00PM

Thursday, June 6
Anytime between 6:00 - 7:00PM

Tuesday, July 2
Anytime between 6:00 - 7:00PM

Wednesday, July 3
Anytime between 6:00 - 7:00PM

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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Swim Lesson Upgrade Overview

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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.

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: \$40.00 Program Participant: \$75.00

Mondays
Session I 6/10 - 7/29

6:30 - 7:30PM

8 Week Session - 1 day per week

SESSION I
Mondays
6/10 - 7/29
Saturdays
6/15 - 8/3

FEES:
Members: \$35
Program Participant: \$55

2 Week Sessions - 4 days per week

SESSION I
Monday - Thursday
6/10 - 6/20

SESSION II
Monday - Thursday
7/8 - 7/18

SESSION III
Monday - Thursday
7/22 - 8/1

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, June 3
Anytime between 6:00 - 7:00PM

Thursday, June 6
Anytime between 6:00 - 7:00PM

Tuesday, July 2
Anytime between 6:00 - 7:00PM

Wednesday, July 3
Anytime between 6:00 - 7:00PM

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, Justis Davis at jdavis@marionfamilyymca.org

4 Lessons at 30 Minutes Each

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