



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 OR
Monday: 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.

Sunday: 1:10 - 1:40PM OR
Monday: 5:40 - 6:10PM

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

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: 2:30 - 3:00PM OR
Monday: 6:50 - 7:20PM OR
Thursday: 6:50 - 7:20PM

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.

Mondays Winter I & II
January 6 - February 17, 2020
February 24 - April 6, 2020

Mondays Spring
April 13 - May 25, 2020

Thursdays Winter I & II
January 9 - February 20, 2020
February 27 - April 9, 2020

Thursdays Spring
April 16 - May 28, 2020

Sundays Spring
April 19 - May 31

FEES:

Members: \$20

Program Participant: \$40

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 2: 6:00PM - 7:00PM

January 5: 3:00PM - 4:00PM

February 17: 7:30PM - 8:30PM

February 20: 7:30PM - 8:30PM

April 6: 7:30PM - 8:30PM

April 9: 7:30PM - 8:30PM

2020 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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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: 1:20PM - 2:00PM OR
Monday: 6:00PM - 6:40PM OR
Thursday: 6:00PM - 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.

Sunday: 2:15PM - 2:55PM 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 dive, 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

Sundays
3:00PM - 4:00PM
NOTE: Dates follow other lessons schedules

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February 24 - April 6, 2020

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April 13 - May 25, 2020

Thursdays Winter I & II
January 9 - February 20, 2020
February 27 - April 9, 2020

Thursdays Spring
April 16 - May 28, 2020

Sundays Winter I & II
January 5 - February 16
February 23 - April 5

Sundays Spring
April 19 - May 31

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 2: 6:00PM - 7:00PM
January 5: 3:00PM - 4:00PM
February 17: 7:30PM - 8:30PM
February 20: 7:30PM - 8:30PM
April 6: 7:30PM - 8:30PM
April 9: 7:30PM - 8:30PM

SEMI PRIVATE LESSON

Groups of 2-4
Members: \$50.00
Program Participant: \$80.00
The Y does not partner you with others.

