



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.

Due to COVID-19, Lesson level A through 3 will now be parent-child classes until an instructor determines a child is able to swim independently.

PRESCHOOL SWIMMING 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. Parent must accompany child in water.
Max class size: 4

Tuesday and Thursday: 5:00 - 5:30 pm 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. Parent must accompany child in water.
Max class size: 4

Tuesday and Thursday: 5:40pm - 6:10pm 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. Parent must accompany child in water.
Max class size: 4

Tuesday and Thursday: 6:20pm - 6:50pm Small Pool

3 Week Sessions - 2 day per week

Tuesday and Thursday

April 13th – April 29th

FEES:

Members: \$30

Program Participant: \$45

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

We will not be offering a skill testing date this session due to COVID-19 policies. If you have any questions about which class to place your swimmer into, please email afranklin@marionfamilyymca.org and include: age, experience in water, ability to float, etc.

COVID-19 Need To Know:

- Participants may not arrive more than 5 minutes prior to their lesson.
- Participants should enter the Y already in their swim suit in an effort to reduce time in locker room.
- All adults must wear a mask when on the pool deck and until entering the pool. Children age 10 & older must also wear a mask on the pool deck.
- All participants, parents, and spectators must maintain at least 6 feet from all others.
- Swimmers with a parent in the water (Lessons A-3) will not be allowed another spectator on pool deck.
- Instructors will be wearing face shields while in water, and masks while on deck. Instructors will remove protective barriers in the case of an emergency.
- Instructors may be in the water along with parents for any swimmer that can't swim independently. This is for demonstration purposes and **not** hands on instruction. Instructors will remain 6 feet from participants.



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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 swim lessons curriculum allows for both standardization and flexibility.

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YOUTH SWIMMING LESSONS:

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. Parent must accompany child in water. *Max class size: 4*

Tuesday and Thursday: 5:00pm - 5:30pm 8 Lane Pool

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. Parent must accompany child in water. *Max class size: 4*

Tuesday and Thursday: 5:40 - 6:10pm 8 Lane Pool

SWIM TEAM

The Summer Swim Team 2021 starts May 10th.

Contact Andrew Franklin for more information at afranklin@marionfamilyymca.org or 740-725-9622

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