



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

Swim Lesson 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 swim lessons curriculum allows for both standardization and flexibility. Each child will participate in an skill testing to determine the class to sign up for.

YOUTH SWIM LESSONS

LEVEL 4: STROKE INTRODUCTION: PREVIOUSLY GUPPY & MINNOW

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

5 Week Session: 1 day per week

Mon. 6:00 - 6:40PM OR

Sun. 3:45 - 4:25PM

LEVEL 5: STROKE DEVELOPMENT: PREVIOUSLY FISH

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

5 Week Session: 1 day per week

Sun. 3:00PM-3:40PM

LEVEL 6: STROKE MECHANICS

MINI DOLPHINS

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.

5 Week Session: 1 day per week

Mon. 6:30 - 7:30PM OR

Sun. 4:30 - 5:30PM

5 Week Sessions: 1 day per week

Monday or Sunday

Sundays

Fall I: Sept. 10 - Oct. 8

5 weeks

Fall II: Oct. 15 - Nov. 12

5 weeks

Fall III: Nov. 19 - Dec. 17

5 weeks

Mondays

Fall I: Sept. 11 - Oct. 9

5 weeks

Fall II: Oct. 16 - Nov. 13

5 weeks

Fall III: Nov. 20 - Dec. 18

5 weeks

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

Dates: July 31 & August 3

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.