



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.

PRESCHOOL SWIM LESSONS

LEVEL A: WATER DISCOVERY

This stage introduces infants and toddlers to the aquatic environment. As youth develop at this stage, focus on the important milestones. Encouraging parents to set developmentally appropriate expectations for infants and toddlers enrolled in swim lessons. Introducing and emphasizing basic water safety to parents and providing a positive family aquatic experience. Building relationships among and between parents and children by providing opportunities for fun and interaction in the water.

5 Week Session: 1 day per week

Sun. 12:30 - 12:55PM

LEVEL B : WATER EXPLORATION: PREVIOUSLY PIKE

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.

5 Week Session: 1 day per week

Sun. 1:00 - 1:30PM OR

Mon. 5:15 - 5:45PM OR

Mon. 6:20 - 6:50PM OR

Thurs. 7:05 - 7:35PM

LEVEL 1: WATER ACCLIMATION: PREVIOUSLY EEL

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.

5 Week Session: 1 day per week

Sun. 1:40 - 2:10PM OR

Mon. 5:50 - 6:20PM OR

Mon. 6:55 - 7:25PM OR

Thurs. 6:30 - 7:00PM

LEVEL 2: WATER MOVEMENT: PREVIOUSLY PRE POLLIWOG

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.

5 Week Session: 1 day per week

Sun. 2:15 - 2:45PM OR

Mon. 6:45 - 7:25PM OR

Thurs. 6:15—6:45PM

LEVEL 3: WATER STAMINA: PREVIOUSLY POLLIWOG

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.

5 Week Session: 1 day per week

Sun. 2:15PM-2:45PM OR

Mon. 5:15PM-5:55PM OR

Thurs. 5:30 - 6:10PM

5 Week Sessions: 1 day per week and

4 Week Sessions: 1 day per week

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

Thursdays

Fall I: Sept. 14 - Oct. 12
5 weeks

Fall II: Oct. 19 - Nov. 16
5 weeks

Fall III: Nov. 30 - Dec. 21
4 weeks

FEES: 5 Weeks

Members: \$15

Program Participant: \$35

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

FEES: 4 Weeks

Members: \$13

Program Participant: \$30

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.