



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

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 skill testing and parent orientation 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.

Monday ONLY: 6:50 - 7:25PM OR

Sunday: 3:45 - 4:15PM OR

Monday - Thursday 6:05PM - 6:45PM

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.

Sunday: 3:00PM - 3:40PM

Monday - Thursday: 6:50PM - 7:30PM

LEVEL 6: STROKE MECHANICS:

MINI DOLPHINS

Transition from swim lessons to swim team

Prereq.: Students will learn endurance, front crawl, back crawl dive, resting stroke, tread water, breaststroke and butterfly.

Sunday: 4:30PM - 5:30PM

FEE:

Members: \$25.00

Program Participant: \$70.00

2 Week Sessions: 4 days per week

Monday-Thursday

Session I - 6/5 - 6/15

Session II - 6/19 - 6/29

Session III 7/10 - 7/20

Session IV 7/24 - 8/33

FEE:

Members: \$30.00

Program Participant: \$65.00

5 Week Sessions: 1 day per week

These lessons are once a week for 5 weeks.

Monday

Session I - 6/5 - 7/10

Sunday

Session II - 6/25 - 7/23

FEE:

Members: \$25.00

Program Participant: \$50.00

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.

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.

Monday, May 22

Anytime between 5:30 - 7:30PM

Thursday, May 25

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.

