



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 to determine the class to sign up for.

## PRESCHOOL SWIM LESSONS

### LEVEL A : WATER DISCOVERY: PREVIOUSLY PARENT/CHILD

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.

Sunday: 12:30 - 12:50PM

### 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.

Monday Only: 5:50 - 5:45PM OR  
Sunday: 1:00 - 1:30PM OR  
Monday - Thursday: 5:30 - 6:00PM

### 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.

Monday Only: 5:50 PM - 6:20PM OR  
Sunday: 1:40 - 2:10PM OR  
Monday - Thursday: 6:15 - 6:45PM

### 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.

Monday Only: 5:15PM - 5:55PM OR  
Sunday: 2:20 - 2:50PM OR  
Monday - Thursday: 6:50PM - 7:15PM

### 2 Week Sessions: 4 days per week

These lessons are once a week for 4 weeks.

#### Monday-Thursday

Session I - 6/5 - 6/15

Session II - 6/19 - 6/29

Session III July 10 - July 20

Session IV July 24 - August 3

#### FEE:

Members: \$20.00

Program Participant: \$60.00

### 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 - 6/4 - 7/9

No Lessons on July 2, 2017

#### FEE:

Members: \$15.00

Program Participant: \$35.00

### 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.

Monday Only: 6:05PM - 6:45PM OR  
Monday - Thursday: 5:30 - 6:00PM

## 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.

