



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 a skill testing to determine the class best suited for them.

PRESCHOOL SWIM 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.

Sunday: 12:30 - 1:00PM

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.

**Sunday: 1:00 - 1:30PM OR
Monday: 5:50 - 6:20PM OR
Thursday: 5:50 - 6:20PM**

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.

**Sunday: 1:40 - 2:10PM OR
Monday: 5:50 - 6:20PM OR
Thursday: 5:50 - 6:20PM**

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.

**Sunday: 2:15 - 2:45PM OR
Monday: 6:25 - 6:55PM OR
Thursday: 6:25 - 6:55PM**

SESSION I Sundays

1.14.18-2.11.18
Mondays
1.15.18 - 2.12.18
Thursdays
1.18.18-2.15.18

SESSION II Sundays

2.18.18-3.18.18
Mondays
2.19.18-3.19.18
Thursdays
2.22.18-3.22.18

SESSION III Sundays

4.8.18-5.6.18
Mondays
4.9.18-5.7.18
Thursdays
4.12.18-5.10.18

FEES:

Members: \$15

Program Participant: \$35

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.

SESSION I TESTING

DECEMBER 28, 2017

Anytime between 6:30 - 7:30PM

SESSION II TESTING

FEBRUARY 15, 2018

Anytime between 6:30 -7:30PM

SESSION III TESTING

MARCH 26, 2018

Anytime between 6:30 - 7:30PM

If you are unable to attend one of the above, call or stop by the Service Center to set up an appointment.



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YOUTH SWIM LESSONS

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.

Sunday: 12:30 - 1:10PM OR

Monday: 5:05 - 5:45PM OR

Thursday: 5:05 - 5:45PM

LEVEL 4: STROKE INTRODUCTION

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

Sunday: 1:15 - 1:55PM 8 Lane Pool OR

Monday: 5:05 - 5:45PM Small Pool OR

Thursday: 5:05 - 5:45PM

LEVEL 5: STROKE DEVELOPMENT

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

Sunday: 2:00 - 2:40PM 8 Lane Pool

LEVEL 6: STROKE MECHANICS

MINI DOLPHINS - 8 LANE POOL

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.

FEE:

Members: \$30.00

Program Participant: \$70.00

Mondays

1.15.18 - 2.12.18

2.19.18-3.19.18

4.9.18-5.7.18

6:30-7:30pm

Sundays

1.14.18-2.11.18

2.18.18-3.18.18

4.8.18-5.6.18

2:45pm-3:45pm

SESSION I

Sundays

1.14.18-2.11.18

Mondays

1.15.18 - 2.12.18

Thursdays

1.18.18-2.15.18

SESSION II

Sundays

2.18.18-3.18.18

Mondays

2.19.18-3.19.18

Thursdays

2.22.18-3.22.18

SESSION III

Sundays

4.8.18-5.6.18

Mondays

4.9.18-5.7.18

Thursdays

4.12.18-5.10.18

Level 3-5

FEES:

Members: \$25

Program Participant: \$50

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