

SWIM LESSON CLASS DISCRIPTIONS

WATER DISCOVERY– INTRODUCES INFANTS AND TODDLERS TO THE AQUATIC ENVIRONMENT

WATER EXPLORATION– FOCUSES ON EXPLORING BODY POSITIONS, BLOWING BUBBLES, AND FUNDAMENTAL SAFETY AND AQUATIC SKILLS

WATER ACCLIMATION– INCREASE COMFORT WITH UNDERWATER EXPLORATION AND INTRODUCES BASIC SELF-RESCUE SKILLS PERFORMED WITH ASSISTANCE

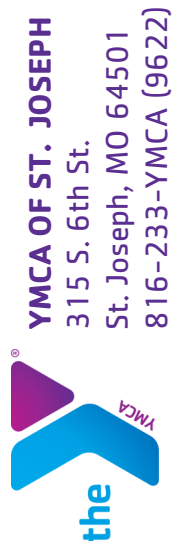
WATER MOVEMENT– ENCOURAGES FORWARD MOVEMENT AND BASIC SELF RESCUE SKILLS PERFORMED INDEPENDENTLY

WATER STAMINA– DEVELOPS INTERMEDIATE SELF-RESCUE SKILLS PERFORMED AT LONGER DISTANCE THAN IN PREVIOUS STAGES

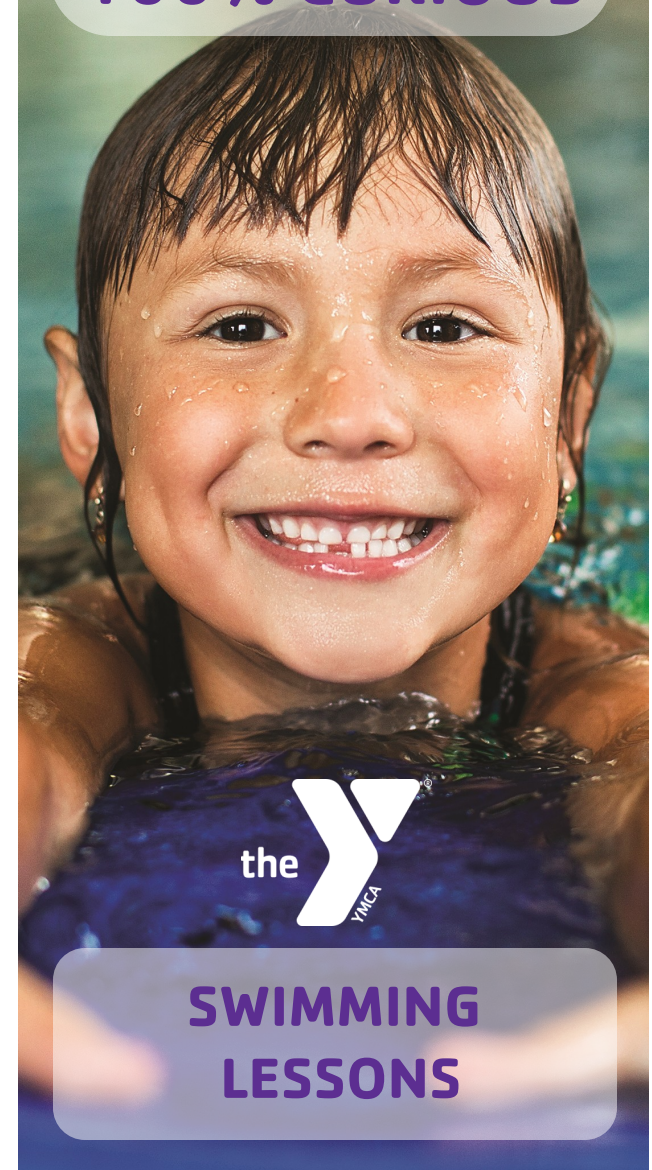
STROKE INTRODUCTION– INTRODUCES BASIC STROKE TECHNIQUE IN FRONT CRAWL AND BACK CRAWL AND REINFORCE WATER SAFETY THROUGH TREADING WATER AND ELEMENTARY BACKSTROKE

STROKE DEVELOPMENT- INTRODUCES BREAST STROKE AND BUTTERFLY AND REINFORCES WATER SAFETY THROUGH TREADING WATER AND SIDE STROKE

STROKE MECHANICS- REFINES STROKE TECHNIQUE ON ALL MAJOR COMPETITIVE STROKES AND ENCOURAGES SWIMMING AS PART OF A HEALTHY LIFESTYLE



THE EARTH IS
70% WATER,
CHILDREN ARE
100% CURIOUS



SWIMMING
LESSONS

WHAT STAGE IS THE BEST FIT?

If you answer **YES**, move to the next question.

1. Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER DISCOVERY

2. Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER EXPLORATION

3. Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

4. Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

5. Can the student swim 10-15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

6. Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

7. Can the student swim front crawl, back crawl, and breast stroke across the pool? (25 yards)

NOT YET

5 / STROKE DEVELOPMENT

8. Can the student swim front crawl, back crawl, and breast stroke across the pool and back? (50 yards)

NOT YET

6 / STROKE MECHANICS



INFANT & PRESCHOOL- 6 MONTHS TO 3 YEARS
STAGES A & B

PRESCHOOL- 3-5 YEAR OLDS
STAGES 1 TO 4

SCHOOL AGE- 5-12 YEAR OLDS
STAGES 1 TO 6

ADULT- 12 AND UP
STAGES 1 TO 6

GROUP SWIMMING LESSON SCHEDULE

	Monday	Tuesday	Wednesday	Thursday		Saturday
5:00-5:30	Water Acclimation	Water Acclimation	Water Stamina	Water Acclimation	9-9:30	Water Acclimation
Lesson	Preschool	Preschool	School Age	Preschool	Lesson	Preschool
	STAGE 1	STAGE 1	STAGE 3	STAGE 1		STAGE 1
5:00-5:30	Water Stamina	Water Stamina		Water Stamina	9:45-10:15	Water Movement
Lesson	Preschool	School Age		Preschool	Lesson	Preschool
	STAGE 3	STAGE 3		STAGE 3		STAGE 2
5:45-6:15	Water Movement	Water Movement	Stroke Development	Water Movement	10-10:30	Water Discovery &
Lesson	Preschool	Preschool	School Age	Preschool	Lesson	Infant and Toddler
	STAGE 2	STAGE 2	STAGE 5	STAGE 2		STAGE A&B
5:45-6:15	Stroke Introduction	Stroke Introduction		Stroke Introduction	10:30-11	Water Stamina
Lesson	School Age	Preschool		Preschool	Lesson	Preschool
	STAGE 4	STAGE 4		STAGE 4		STAGE 3
6:30-7:00	Stroke Development	50\100 mile	Stroke Mechanics	50\100 Mile	11:15-11:45	Stroke Introduction
Lesson	School Age	Swim Club	School Age	Swim Club	Lessons	Preschool
	STAGE 5		STAGE 6			STAGE 4
6:30-7:00	Stroke Mechanics	Stroke Introduction		Safety Around Water		
Lesson	School Age	School Age		School Age		
	STAGE 6	STAGE 4		STAGES 1&2		

SWIM LESSON RATES

GROUP LESSONS

4 WEEK SESSION

MEMBER: \$25 NONMEMBER: \$40

PRIVATE LESSONS

1 LESSON= MEMBER: \$20 NONMEMBER: \$35

6 LESSONS= MEMBER: \$100 NONMEMBER: \$150

PARENT/CHILD LESSONS

4 WEEK SESSION

MEMBER: \$25 NONMEMBER: \$40

ADULT LESSONS

4 WEEK SESSION

Tuesday 8:15-9:15 am

MEMBER: \$25 NON-MEMBERS: \$40

YOUTH AQUATICS

Participants in Y Swim Lessons become more comfortable and secure around water as they learn about water safety and practice swimming skills. They feel a sense of achievement from mastering something they can enjoy rest of their lives. Small class settings provide opportunities to connect with others in the class and make new friends while increasing physical activity levels.

ADULT AQUATICS

Make new friends, increase your self-confidence, and improve your spiritual, mental and physical health. At the Y, the adult aquatics programs help build friendships while learning new skills. Real self esteem grows from within, after you take on a new challenge and succeed.