



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STROKE DEVELOPMENT CONFIDENT SWIMMERS LIFE-LONG SKILLS



At the Y, we believe the ability to swim is a critical life skill every child should learn. In these levels, children will learn the technical side of competitive swimming along with other advanced swim concepts.

Levels and Class Options

Participants in our Swim Strokes classes may register for Levels 4, 5, or 6 based on current swim level. Children who have not passed the swim test should register for our Swim Basics Levels. Contact Kristy Snider with questions about where your child should be placed. Classes meet for four weeks.

Level 4

Stroke Introduction

Reinforces and develops stroke technique in freestyle and backstroke. Introduces other strokes, diving, and other concepts as appropriate.

Tuesdays and Thursdays

\$40 members, \$80 nonmembers

5:00-5:45 p.m.

Level 5

Stroke Development

Introduces breaststroke, butterfly, diving, and flip turns. Develops endurance and competition knowledge.

Mondays, Tuesdays, and Thursdays

\$50 members, \$90 nonmembers

5:45-6:30 p.m.

Level 6

Stroke Mechanics

Refines technique for all strokes and encourages better racing habits. Offers opportunities into competitive swimming and JR Lifeguarding.

Mondays, Tuesdays, and Thursdays

\$60 members, \$100 nonmembers

6:30-7:30 p.m.

Class Options: January 7/8-31; February 4/5-28; March 4/5-28; April 1/2-25

CLEVELAND FAMILY YMCA

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ymcachattanooga.org

For more information, contact:

Kristy Snider, Aquatic Director

at 423.805.3363 or ksnider@ymcachattanooga.org