



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DISCOVER THEIR POTENTIAL

## SWIM LESSONS

Cleveland FAMILY YMCA

**March – April 2023**

### Group Lessons Sessions

4 Week Session- \$40 member / \$65 non-member  
6 Week Session- \$60 member / 100 non-member  
8 Week Session- \$80 member / \$130 non-member

### Semi-Private Lessons (groups of 2-3)

4 Lessons-\$145 member / \$270 non-member  
10 Lessons-\$345 member / \$625 non-member

### Private Lessons

4 Lessons: \$95 member / \$165 non-member  
10 Lessons : \$220 member / \$345 non-member

The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills.

For more info or to  
register, scan QR code.



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**Our Mission:** To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## March - April

Mondays: March 6<sup>th</sup> – April 10<sup>th</sup>

Thursdays: March 9<sup>th</sup>–April 13<sup>th</sup>

Saturdays: March 11<sup>th</sup> – April 15<sup>th</sup>

### Class

### Day/Time

#### Swim Starters (parent participation required)- Ages 6 mo-3 years

Water Discovery/Water Exploration

Saturdays 10:15 a.m.

#### Swim Basics: Preschool & Youth- Ages 3 - 12 years

Levels 1, 2, & 3- Acclimation/Movement/Stamina

#### Mondays:

Level 1- 5:30 p.m.

Level 2- 6: 05 p.m.

Level 3- 6:40 p.m.

#### Saturdays:

Level 1- 10:50 a.m.

Level 2- 11:25 a.m.

Level 1- 12:00 p.m.

#### Swim Strokes (advanced youth)- Ages 6 -12 years

Levels 4, 5, & 6- Stroke Introduction/Stroke Development/Stroke Mechanics

#### Thursdays:

Level 4- 5:00

Level 5&6-5:40

#### Adult: Ages 13+

Various skill levels

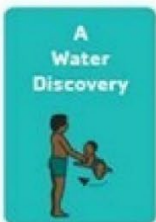
Private or Semi Private Lessons

Make up lessons are not conducted for personal absences and are only conducted if the cancels class for any reason. Make up lessons for classes extend the session one more Saturday or by adding additional minutes to remaining classes.

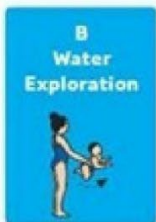
## SWIM STAGES

### SWIM STARTERS

Parent & child lessons



Introduces infants & toddlers to the aquatics environment.



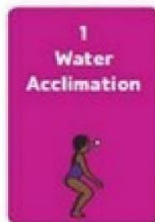
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatics skills.

#### OUTCOMES

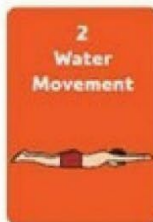
Accompanied by a parent, infants & toddlers learn to be comfortable in the water & develop swim readiness skills through fun & confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

### SWIM BASICS

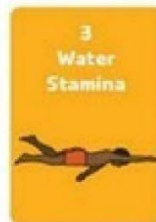
Recommended skills for all to have around water



Increases comfort with underwater exploration & introduces basic self rescue skills performed with assistance.



Encourages forward movement in water & basic self rescue skills performed independently.



Develops intermediate self rescue skills performed at longer distances than in previous stages.

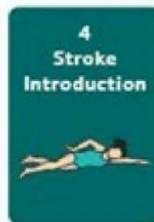
#### OUTCOMES

Students learn personal water safety & achieve basic swimming competency by learning two benchmark skills:

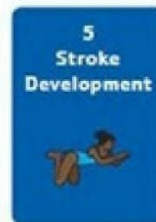
- Swim, float, swim -- sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

### SWIM STROKES

Skills to support a healthy lifestyle



Introduces basic stroke technique in front crawl & back crawl & reinforces water safety through treading water & elementary backstroke



Introduces breaststroke & butterfly & reinforces water safety through treading water and sidestroke.



Refines stroke technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle.

#### OUTCOMES

Having mastered the fundamentals, students learn additional water safety skills & build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.