



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS



NORTH RIVER FAMILY YMCA FALL 2023 SWIM LESSONS

For more info or to register, scan QR code.



For private/semi-private lessons, contact aquatics director Allison Dupree

adupree@ymcachattanooga.org | 423-877-3517

GROUP LESSONS

\$40/MEMBERS | \$65/NON-MEMBERS

PRIVATE LESSONS

\$95/MEMBERS | \$165/NON-MEMBERS

SEMI-PRIVATE LESSONS

\$145/MEMBERS | \$270 NON-MEMBERS

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.

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



Mondays
October 2-23 | November 6-20* | December 4-18*

Thursdays
October 5-26 | November 2-16* | December 7-21*

Saturdays
October 7-28 | November 4-18* | December 2-16*

*indicates 3-week session

Swim Starters (adult participation required) – Ages 6 months – 3 years

Water Discovery/Exploration
Mondays 4:45p
Thursdays 4:45p
Saturdays 10:15a

Swim Basics – Ages 3-12 years

Levels 1 & 2 – Water Acclimation/Water Movement
Mondays 5:30p
Thursdays 5:30p
Saturdays 10:15a or 11:00a

Swim Intermediate – Ages 3-12 years

Levels 3 & 4 – Water Stamina/Stroke Introduction
Mondays 6:15p
Thursdays 6:15p
Saturdays 11:00a

Swim Strokes – Ages 6-12 years

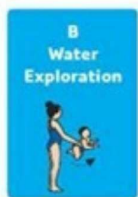
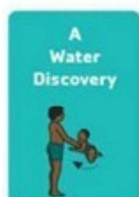
Levels 5 & 6 – Stroke Development/Stroke Mechanics
Mondays 7:00p
Thursdays 7:00p

Beginner Adults – Ages 18+

Water Acclimation / Basic Skill Development for Adults
Saturdays 11:45a

SWIM STARTERS

Parent & child lessons

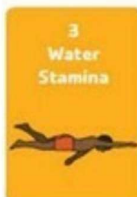
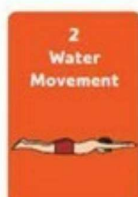
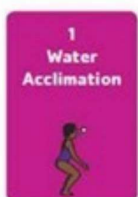


Introduces infants & toddlers to the aquatics environment.

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

SWIM BASICS

Recommended skills for all to have around water



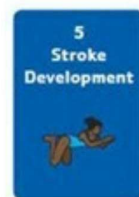
Increases comfort with underwater exploration & introduces basic self rescue skills performed with assistance.

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

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

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

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.

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

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.