



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS



Downtown Family YMCA
SWIM LESSONS
JANUARY 2024

For more info or to
register, scan QR code.



Aquatics Director, Cassie Singleton
csingleton@ymcachattanooga.org
423.266.3766

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.

Group Lessons

4 Lessons: \$45 member/
\$70 non-member

8 Lessons: \$90 member/\$140 non-
member

Private Lessons

4 Lessons: \$100 member/
\$170 non-member

Semi-Private Lessons

(groups of 2-3)

4 Lessons: \$150 member/
\$275 non-member

January 2024

6th – 27th

SATURDAYS ONLY

CLASS

DAY/TIME

Swim Starters: Ages 6 mo–3yrs (parent participation required)

Water Discovery/Exploration

Sat: 10:30 a.m.

Swim Basics: Preschool – Ages 3–5

Levels 1, 2 & 3 –

Sat: 11:15 a.m.

Acclimation/Movement/Stamina

Swim Basics: Youth – Ages 6–12

Levels 1, 2 & 3 –

Sat: 12:00 p.m.

Acclimation/Movement/Stamina

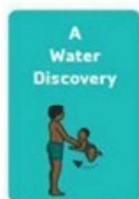
Swim Strokes & Adult Beginner

Scheduled as private sessions

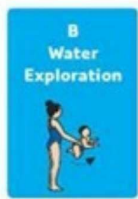
Makeup lessons are not conducted for personal absences & are only conducted if the class cancels.
 Makeup lessons for classes extend the season one additional Saturday or by adding minutes to remaining classes.

SWIM STARTERS

Parent & child lessons



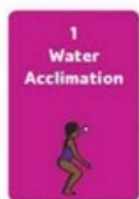
Introduces infants & toddlers to the aquatics environment.



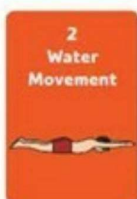
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatics skills.

SWIM BASICS

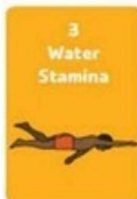
Recommended skills for all to have around water



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



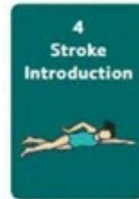
Encourages forward movement in water & basic self rescue skills performed independently.



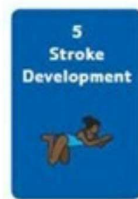
Develops intermediate self rescue skills performed at longer distances than in previous stages.

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.