



STRONG SWIMMERS CONFIDENT KIDS



Hamilton Family YMCA SWIM LESSONS Winter 2024

For more info or to register, scan QR code.



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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.

- Group Lessons**
Saturdays 4 lessons: \$45 member/
\$70 non-member
Weekdays 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

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



January

Monday & Weds (8 Lessons)
January 8 – 31
Tuesday & Thurs (8 Lessons)
January 9 – February 1
Saturdays
January 6 - 27

February

Monday & Weds (8 Lessons)
February 5 - 28
Tuesday & Thurs (8 Lessons)
February 6 - 29
Saturdays
February 3 - 24

CLASS- 30 minutes classes

DAY/TIME

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

Water Discovery/Exploration

Saturday **11:30am**

Swim Basics: Preschool- Ages 3-5 years

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

Monday & Wednesday **4:30pm**
Tuesday & Thursday **5pm**
Saturday **10:45am, 11:30am**

Swim Basics: Youth- Ages 6-12 years

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

Monday & Wednesday **5:15pm**
Tuesday & Thursday **5:45pm**
Saturday **10am**

Swim Strokes (Advanced Youth)- Ages 6-12 years

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

Monday & Wednesday **6pm**

Private Lesson Information- Ages 3 and older

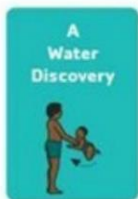
Private & semi-private lessons are available for any skill level, **ages 3 and older**, and are by appointment only. Registration is required. Please indicate preferred lesson days and times if you have schedule restrictions. A swim instructor will contact you to schedule your lessons once registration and payment are received. All private lesson registration is done in person at the front desk of the YMCA.

Makeup lessons are not conducted for personal absences & are only conducted if the YMCA cancels class.

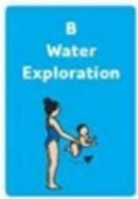
Makeup lessons for cancelled classes extend the session one additional day or by adding minutes to remaining classes.

SWIM STARTERS

Parent & child lessons



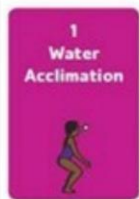
Introduces infants & toddlers to the aquatics environment.



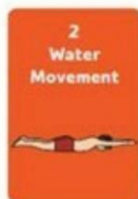
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatics skills.

SWIM BASICS

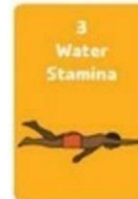
Recommended skills for all to have around water



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



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



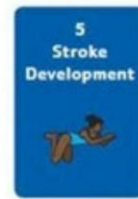
Develops intermediate self rescue skills performed at longer distances than in previous stages.

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.