



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS



Downtown Family YMCA
SWIM LESSONS
MAY 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**
 - 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

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



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May 2024
Tues & Thurs: 7th – 30th
Sat: 4th – 25th

CLASS

DAY/TIME

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

Water Discovery/Exploration Thurs: 4:45 p.m. OR
Sat: 10:30 a.m.

Swim Basics: Preschool – Ages 3-5

Levels 1, 2 & 3 – Tues & Thurs: 5:30 p.m. OR
Acclimation/Movement/Stamina Sat: 11:15 a.m.

Swim Basics: Youth – Ages 6-12

Levels 1, 2 & 3 – Tues & Thurs: 6:15 p.m. OR
Acclimation/Movement/Stamina Sat: 12:00 p.m.

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



A Water Discovery
Introduces infants & toddlers to the aquatics environment.

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

SWIM BASICS

Recommended skills for all to have around water



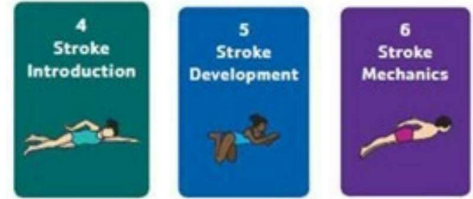
1 Water Acclimation
Increases comfort with underwater exploration & introduces basic self rescue skills performed with assistance.

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

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

SWIM STROKES

Skills to support a healthy lifestyle



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

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

6 Stroke Mechanics
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.