



AUGUST 2025 STRONG SWIMMERS CONFIDENT KIDS

CLEVELAND FAMILY Y SWIM LESSONS

LESSONS	MEMBER	NON-MEMBER
Group: 4 lessons (30 min.)	\$40	\$60
Private: 4 lessons (30 min.)	\$115	\$200
Private: 8 lessons (30 min.)	\$205	\$330
Semi-Private: 4 lessons (groups of 2-3)	\$185	\$300
Semi-Private: 8 lessons (groups of 2-3)	\$325	\$500

FOR MORE INFORMATION

Ian White
Aquatics Coordinator
iwhite@ymcachattanooga.org
423.805.3363



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.



SWIM LESSONS OVERVIEW & SCHEDULE

GROUP CLASSES – 30 min.

Monday August 4 th – 25 th	Tuesday August 5 th – 26 th	Wednesday (HOMESCHOOL LESSONS) August 6 th – 27 th	Saturday August 2 nd – 23 rd
Level 1: 5:15pm	Level 1: 5:15pm	Levels 1, 2, 3: 12:15pm	Swim Starters: 10:30am
Level 2: 5:50pm	Level 2: 5:50pm	Levels 4, 5, 6: 12:50pm	Levels 4, 5, 6: 11:05am
Level 3: 6:25pm	Level 3: 6:25pm		Level 1: 11:40am
Levels 4, 5, 6: 7:00pm	Levels 4, 5, 6: 7:00pm		Levels 2-3: 12:15pm

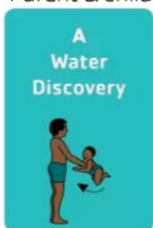
PRIVATE LESSONS (AGES 3+) – 30 min.

Private and semi-private lessons are available for any skill level by appointment only. Registration is required. Register at the Y Front Desk only. 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.

Makeup lessons are only conducted if the YMCA cancels class. A day will be added or minutes will be added to remaining classes.

SWIM STARTERS (6mos.–3 yrs.)

Parent & child lessons



A
Water
Discovery

Introduces infants & toddlers to the aquatics environment.

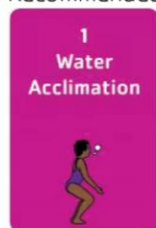


B
Water
Exploration

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

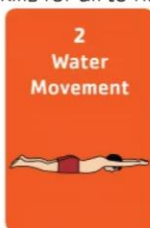
SWIM BASICS (3-12yrs.)

Recommended skills for all to have around water



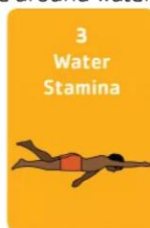
1
Water
Acclimation

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.

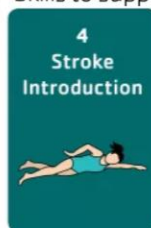


3
Water
Stamina

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.