



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS

## **schedule subject to change**

YMCA's are world pioneers in swimming instruction and water safety. For more than 100 years, local Y's have been the place Americans go to find the most trusted instructors of swimming and lifeguard training, so much that the YMCA has been called "America's Favorite Swim Instructor." At YMCA's, children and adults not only learn how to swim, but also learn about themselves, safety and rescue skills, and water activities that can be enjoyed for a lifetime. Throughout all levels, students are taught aquatic, boating safety and rescue skills. YMCA's also offer water fitness classes and competitive swim programs for adults and youth.

## **Swim lessons are held at the North Street**

Registration is required for each session, your child may enroll in only one class per session.

**Member Fees: \$25.00 per swimmer / per session**

**Program Participant Fees: \$45.00 per swimmer / per session**

## **PARENT/CHILD SWIM LESSONS**

This program consists of water-enrichment and aquatics-readiness activities for **children 6 through 36 months**. Children must be accompanied by a parent or trusted adult at all times for the safety and comfort of each child. Parents learn to respect the value of games and play for the young child. Parents also discover that the best way to guide a child toward learning is through positive reinforcement and appropriate praise.

**SKIP** - The primary objective is to get both the parent and child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides the child through aquatic skills. The child will be exposed to songs and games that use basic movements in the water such as kicking, arm strokes, and breath control. Activities are based upon the developmental abilities of the child. Please dress your child in a swimming diaper and/or plastic pants. Both parents are welcome to accompany their child into the pool.

**North St.:** Wednesday 5:30-6:00pm

Saturday 10:45-11:15am

## **PRESCHOOL SWIM PROGRAM**

This program promotes enjoyment, development of children's confidence and safety for children **ages three years through five years**. Each class emphasizes mental and spiritual growth as well as physical development. In this program the children develop beginning swimming skills and learn about water and boating safety, emergency situations, use of personal-flotation devices and non-swimming rescues. Activities are centered around five main components: personal safety, personal growth, stroke development, water sports and games, and rescue. The emphasis is on learning, using a student-centered and developmentally appropriate approach to teaching.

**PRE PIKE** - A transition from SKIP, this level will prepare your child for the structure of our Pike class. For children who may not be ready for the Pike Class. Your child will be taught pool rules, front and back floats, water entry, how to swim on his/her stomach and back and fun water games.

**North St.:** Wednesday 6:00-6:30pm

Saturday 9:30-10:00am

**PIKE** - Designed for new swimmers and first time swimmers. Children develop safe pool behavior, adjust to the water, and develop independent movement in the water. Basic paddling and kicking skills along with paddling on the back for five yards with assistance will be taught; comfort in the water, blowing bubbles, and immersing face in the water.

**North St.:**

Wednesday 6:30-7:00pm

Saturday 9:30-10:00am

**EEL** - Children begin to learn how to swim near horizontal, paddle 15 yards on their front, back, and side with minimal assistance, and jump in without assistance. Children will be introduced to the back scull and CPR.

**North St.:**

Wednesday 7:00-7:30pm

Saturday 10:45-11:15am

*Classes may be added or cancelled depending on number of registrants.*

**\*Any classes missed because of a holiday or pool closure will be made up on the last day of the session (the fun day).**

PRESCHOOL SWIM PROGRAM, continued



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**RAY**- Children will become more independent by swimming 15 yards unassisted on front, back, and side stroke, floating on front and back for 30 seconds without assistance, and tread water for 30 - 60 seconds; introduction to rotary breathing. Children will also observe CPR and First Aid.

**North St.:**

*Saturday 11:15-11:45am*

**STARFISH** - Children refine front crawl with rotary breathing, back crawl, side stroke, breast stroke, and elementary backstroke for 25 yards; front and back float for one minute, kneeling dive with assistance.

**North St.:**

*Saturday 11:15-11:45am*

## YOUTH SWIM PROGRAM

**For ages 6 and older**, this level involves classes that are participant-centered and use a problem-solving, guided-discovery teaching approach. The emphasis is on learning, not on passing or failing. Each developmental level is divided into five components, which include personal safety, personal growth, stroke development, water games and sports, and rescue. In each of the levels, the skills and activities promote health and fitness.

**POLLIWOG** - This is the beginning level for school-age children who have not taken YMCA swim lessons. Children will refine front crawl with rotary breathing, back crawl, side stroke, breaststroke, and elementary backstroke for 25 yards; front and back float for one minute; kneeling dive with assistance.

**North St.:** *Wednesday 5:30-6:15pm*

*Saturday 10:00-10:45am*

**GUPPY** - Children will learn to swim; 50 yards front crawl, 25 yards breast stroke, and 25 yards flutter kick. He or she will learn to do a front and back somersault, as well as a kneeling dive.

**North St.:** *Wednesday 6:15-7:00pm*

*Saturday 10:00-10:45am*

**MINNOW** - Children will learn to swim 50 yards of front and back crawl, breast stroke, side stroke, and elementary backstroke; tread water for one minute; perform kneeling dive; and be introduced to the dolphin kick.

**North St.:** *Wednesday 7:00-7:45pm*

*Saturday 8:45-9:30am*

**FISH** - Children will continue to perform front and back crawl, breast stroke, elementary back stroke, and side stroke while adding the appropriate turns and building endurance to 100 yards. Children will learn to perform front and back floats for six minutes; be introduced to the butterfly stroke and head and feet first sculling; kneeling dive and swim down 6 - 8 feet..

**North St.:** *Wednesday 7:00-7:45pm*

*Saturday 8:45-9:30am*

**FLYING FISH** - Children will develop the ability to perform more complex combinations of swimming movements; swimming 100 yards of front and back stroke with bilateral breathing, breast stroke, elementary backstroke, side stroke for 50 yards, butterfly for 25 yards; perform a flip turn for front and back crawl.

**North St.:** *Saturday 11:15-12:00pm*

**SHARK** - Children will refine strokes and turns by swimming 150 yards of front and back crawl with flip turns, and breast stroke with pull outs; swim 50 yards of butterfly stroke; swim 200 yards of individual medley: butterfly, back stroke, breast stroke, and front crawl.

**North St.:** *Saturday 11:15a.m.-12:00p.m.*

## TEEN AND ADULT SWIM CLASSES

### **Ages 13 and older**

**TOW** Helps non-swimmers become more comfortable in the water.

**BEGINNER** For those who are comfortable in the water & would like to learn front and back crawl.

**INTERMEDIATE** Improve front and back crawl and learn breast and side stroke.

**North St.:** *Saturday 8:00 - 8:45 a.m.*

*Classes may be added or cancelled depending on number of registrants.*

**Any classes missed because of a holiday or pool closure will be made up on the last day of the session (the "fun day")**

Private lessons are available: \$36 per 50 minute lesson for one child.

To add another child for semi-private: \$10 per child per 50 minute lesson.

Please see front desk for more information. (Members only)