



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST PARK-FAIRVIEW FAMILY YMCA

Swim Lesson Schedule

7-Week Sessions

1/8-2/25/2024 (Winter)

3/4-4/21/2024 (Spring I)

Registration Opens

12/18/2024

2/12/2024

Pricing

Member Plus \$56.00

Regular Member \$70.00

(Youth, Adult, Family, and Senior)

Non Member \$154.00



Class Level	Monday	Tuesday	Thursday	Saturdays
A Water Discovery	5:20-5:50 pm			
B Water Exploration			6:20-6:50 pm	
Water Acclimation Level 1 (3-5)	4:45-5:15 pm	5:00-5:30 pm		9:30-10:00 am
Water Movement Level 2 (3-5)		5:00-5:30 pm		9:30 - 10:00 am
Water Stamina Level 3 (3-5)			5:00-5:30 pm	
Stroke Introduction Level 4 (3-5)			5:00 -5:30 pm	
Water Acclimation Level 1 (6-12)		5:35-6:15 pm		
Water Movement Level 2 (6-12)		5:35-6:15 pm		10:05-10:45 am
Water Stamina Level 3 (6-12)	4:45-5:25 pm		5:35-6:15 pm	
Stroke Introduction Level 4 (6-12)			5:35-6:15 pm	10:50-11:30 am
Stroke Development Level 5 (6-12)			6:20-7:00 pm	
Stroke Mechanics Level 6 (6-12)			6:20-7:00 pm	
Competitive Skills	5:30-6:10 pm			
Adult Lessons Beginner		6:20-7:00 pm		
Adult Lessons Intermediate				
Youth/Teen		6:20-7:00 pm		

Competitive Skills is directed towards children wanting to participate on swim team.

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

If you're having trouble deciding which stage is right for you, contact the Aquatics Department for a free swim evaluation.

SWIM STARTERS

Parent* & child lessons

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

A Water Discovery



Introduces infants and toddlers to the aquatic environment

B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

3 Water Stamina



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

Outcomes

Students learn personal water safety and 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

4 Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Competition



Leadership



Recreation



Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

Skills that will be worked on throughout the session!

SWIM STARTERS

Parent & child lessons

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

A Water Discovery

Blow bubbles
on surface,
assisted

Front tow
chin in water,
assisted

Water exit
parent & child
together

Water entry
parent & child
together

Back float
assisted, head on
shoulder

Roll
assisted

Front float
chin in water,
assisted

Back tow
assisted, head on
shoulder

Wall grab
assisted

B Water Exploration

Blow bubbles
mouth & nose
submerged,
assisted

Front tow
blow bubbles,
assisted

Water exit
assisted

Water entry
assisted

Back float
assisted, head
on chest

Roll
assisted

Front float
blow bubbles,
assisted

Back tow
assisted, head
on chest

Monkey crawl
assisted, on edge,
5 ft.

1 Water Acclimation

Submerge
bob independently

Front glide
assisted, to wall,
5 ft.

Water exit
independently

**Jump, push,
turn, grab**
assisted

Back float
assisted,
10 secs., recover
independently

Roll
assisted

Front float
assisted,
10 secs., recover
independently

Back glide
assisted, at wall,
5 ft.

**Swim, float,
swim**
assisted, 10 ft.

2 Water Movement

Submerge
look at object on
bottom

Front glide
10 ft. (5 ft.
preschool)

Water exit
independently

**Jump, push,
turn, grab**

Back float
20 secs. (10 secs.
preschool)

Roll

Front float
20 secs. (10 secs.
preschool)

Back glide
10 ft. (5 ft.
preschool)

Tread water
10 secs., near
wall, & exit

Swim, float, swim
5 yd.

3 Water Stamina

Submerge
retrieve object in
chest-deep water

Swim on front
15 yd. (10 yd.
preschool)

Water exit
independently

**Jump, swim,
turn, swim, grab**
10 yd.

Swim on back
15 yd. (10 yd.
preschool)

Roll

Tread water
1 min. & exit
(30 secs.
preschool)

**Swim, float,
swim**
25 yd. (15 yd.
preschool)

4 Stroke Introduction

Endurance
any stroke or
combination of
strokes, 25 yd.

Front crawl
rotary breathing,
15 yd.

Back crawl
15 yd.

Dive
sitting

Resting stroke
elementary
backstroke,
15 yd.

Tread water
scissor & whip
kick, 1 min.

Breaststroke
kick, 15 yd.

Butterfly
kick, 15 yd.

5 Stroke Development

Endurance
any stroke or
combination of
strokes, 50 yd.

Front crawl
bent-arm
recovery,
25 yd.

Back crawl
pull, 25 yd.

Dive
kneeling

Resting stroke
sidestroke,
25 yd.

Tread water
scissor & whip
kick, 2 mins.

Breaststroke
25 yd.

Butterfly
simultaneous arm
action & kick,
15 yd.

6 Stroke Mechanics

Endurance
any stroke or
combination of
strokes, 150 yd.

Front crawl
flip turn,
50 yd.

Back crawl
pull & flip turn,
50 yd.

Dive
standing

Resting stroke
elementary
backstroke or
sidestroke,
50 yd.

Tread water
retrieve object
off bottom,
tread 1 min.

Breaststroke
open turn,
50 yd.

Butterfly
25 yd.

Competition



Leadership



Recreation



Welcome to Winter I Swim Lessons!

This session runs from January 8th-February 25th

Session Overview

Week 1-3, Instruction

Week 4, Mid-session evaluating. This helps you understand where your child should be placed for the following session should you continue with lessons here at the YMCA

Week 5, Mid-session reports will be passed out.

Week 6, Registration for the next session is open.

Week 7, Tootsie Pop Week!!

General Info/Reminders:

- Please no swimming before or after lessons in the pool.
- No makeups for group lessons. Due to built-in safety ratios, we cannot allow switching days/times due to an absence.
- Refunds only occur due to a medical issue that requires the child to miss more than half a session.
- Please feel free to watch your child swim but refrain from communicating during class unless it is an emergency. The benches are a great place to observe.
- No pictures or videos are allowed during lessons. We understand that you are excited to document your child's success, but we need to protect the privacy of all participants. Picture day will occur on the last day of lessons.
- We strive to have instructor consistency for your child week to week; however unexpected circumstances do occur. We appreciate your flexibility.

Questions/Concerns

Please direct any questions or concerns to the Aquatics Director, Jim Mannion. Please refrain from asking questions to the lifeguards or swim instructors during class time.

We've had over 1200 participants in our swim lessons program since July of 2020. We want you to be our next success story!

Join us for our next session of Swim Lessons!

Thank you,

Jim Mannion

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