

DATES:

- SESSION 1: Jan 5 – Feb 27**
- SESSION 2: Mar 4 – Apr 27**
- SESSION 3: May 4 – Jun 22**
- SESSION 4: Jul 6 – Aug 28**
- SESSION 5: Sep 4 – Oct 28**
- SESSION 6: Nov 4 – Dec 21**

***Mini Sessions Also Available**

RATES:

	Mini	Full
Member Plus	\$35	\$65
Facility Member	\$50	\$90
Program Member	\$100	\$180

DAYS:

Mondays • Wednesdays • Saturdays

AGES:

6 months and up

REGISTRATION:

**In-house at Membership Desk
and Online!**

**For More Information:
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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILD CONFIDENCE WITH A SPLASH

**French Creek Family YMCA
GROUP SWIM LESSONS**






Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

A

Water Discovery



Student not yet able to respond to verbal cues and jump on land.


Introduces infants and toddlers to the aquatic environment.

Age	Day	Time
Parent/Child (6-36 months)	Sat (Mini)	10:00a 11:30a

We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

B

Water Exploration



Student not yet comfortable working with an instructor without a parent in the water.

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

Age	Day	Time
Parent/Child (6-36 months)	Sat (Mini)	10:00a 11:30a


We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Swim Basics Preschool, School Age, Teen, and Adult

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **swim, float, swim and jump, push, turn, grab.**

1

Water Acclimation




Student not yet able to go underwater voluntarily.

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

Age	Day	Time
Preschool (3-5yrs)	Mon	5:00p
	Wed	7:15p
	Mon/Wed	6:30p
	Sat	11:30a
	Sat (mini)	12:15p
School Age (6-12yrs)	Mon	7:15p
	Wed	5:00p
	Mon/Wed	5:45p
	Sat	10:45a
	Sat (mini)	10:00a

2

Water Movement



Student not yet able to do a front and back float on his or her own.

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

Age	Day	Time
Preschool (3-5yrs)	Mon	5:45p
	Wed	6:30p
	Mon/Wed	7:15p
	Sat	12:15p
	Sat (mini)	11:30a
School Age (6-12yrs)	Mon	6:30p
	Wed	5:45p
	Mon/Wed	5:00p
	Sat	10:00a
	Sat (mini)	10:45a

3

Water Stamina



Student not yet able to swim 10-15 yards on his or her front and back.

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


Age	Day	Time
Preschool (3-5yrs)	Mon	6:30p
	Wed	5:45p
	Mon/Wed	5:00p
	Sat	10:00a
	Sat (mini)	10:45a
School Age (6-12yrs)	Mon	5:45p
	Wed	6:30p
	Mon/Wed	7:15p
	Sat	12:15p
	Sat (mini)	11:30a

Swim Strokes Preschool, School Age, Teen, and Adult

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.

4

Stroke Introduction




Student not yet able to swim 15 yards of front and back crawl.

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

Age	Day	Time
Preschool (3-5yrs)	Mon	7:15p
	Wed	5:00p
	Mon/Wed	5:45p
	Sat	10:45a
	Sat (mini)	10:00a
School Age (6-12yrs)	Mon	5:00p
	Wed	7:15p
	Mon/Wed	6:30p
	Sat	11:30a
	Sat (mini)	12:15p

5

Stroke Development




Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

Age	Day	Time
School Age (6-12yrs)	Sat	1:00p

6

Stroke Mechanics



Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

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

Age	Day	Time
School Age (6-12yrs)	Sat	1:00p