

ADD WATER FOR INSTANT FUN

YMCA of Vineland Swim Lessons – WINTER 2018

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. We are rolling out our new Y swim lesson progression curriculum this year. It is geared towards what we know about how children and adults learn and develop. Below is general information and which stage to register for regarding the new curriculum:

- Students begin with and build upon skills they are ready to learn, helping them to celebrate their successes, build self-confidence, enjoy learning to swim, and water safety.
- Our new swim curriculum is based on extensive research, and we look forward to seeing swimmers advance quicker through each stage.
- The fun fish names we previously used to identify the different levels will be replaced with names that more closely relate to the skills we will be working on in each stage.
- Swim lessons are now organized into **three phases**, and each phase includes several stages, focused on a specific skill set.
- For the student, emphasis is on skill progression and water safety. Parents will now have peace of mind knowing that their child will learn self-rescue skills first, then, how to swim.
- As students advance, focus turns to increasing stroke coordination, comfort and endurance. Once the students have built strength and endurance, they will master familiar strokes, such as elementary backstroke, front crawl, backstroke, breaststroke, and butterfly.

HOW DO I KNOW WHAT STAGE MY CHILD SHOULD BE REGISTERED IN FOR SWIM LESSONS?

- **New to the Y Swim lesson program** – New swimmers to our YMCA program should register for the appropriate age program: 6 – 36 months = Parent/Child; 3 – 5 years = Preschool; or 6 – 12 years = School Age. If they have had no previous lessons they should register for Stage 1 (Pike or Pike with Parent, or Polliwog stage). **If your child has had lessons elsewhere and can submerge voluntarily, float on front and back and swim on own 30 – 45 feet, please stop in during one of our swim evaluation time periods below:**

Tuesday, 12/12 – 4:05 – 4:20pm	Wednesday, 12/13 – 6:45 – 7:00pm	Thursday, 12/14 – 6:20 – 6:35pm
Monday, 12/18 – 4:05 – 4:20pm	Tuesday, 12/19 – 4:05 – 4:20pm	Saturday, 12/23 – 12:00 – 12:15pm
- **Returning to the Y Swim lesson program:**
 Your child's instructor will determine what level of the swim lesson Categories – Parent-Child, Preschool, or School Age or Teen (based on age group) and Stage – A-B or 1 – 6 your child should be placed in. Please bring the **Mid-Session Report** or **Certificate Of Achievement** when you register.
- **Class Availability/Schedule:**
 Swim Starters – Parent/Child, Swim Basics and Swim Strokes – Preschool and School Age, Teen/Adult; See other side for classes offered for your child's age and appropriate Stage.

School Age, Teen and Adult Specialty Swim Lessons

Youth & Adult Private Lessons (5 years – adult)

One-on-one or two-on-one swim instruction. Great for individuals with disabilities who can move independently! Lessons are 30-minute, 4-week sessions. Interest form must be filled out and turned into Aquatic department before registration and payment, you will then be contacted with available times based on instructor availability.

Fees:	Privates:	Facility Member \$70	Program Member \$104
	Semi- Privates (2:1):	Facility Member \$45	Program Member \$79 (per participant)

Family Swim Lessons (5 years – adult)

In a class with participants you are already comfortable with receive instruction on water adjustment, safety, and swimming skills to help develop a lifelong interest in the water that everyone can enjoy. Both adults and children can learn how to move in the water effectively and efficiently at their own pace. Up to 4 participants; 45 minute, 4 week session.

Fees:	Facility Members \$145.00	Program Members \$215.00
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*Classes may be cancelled due to low enrollment.

*There are no make-ups for missed lessons. Safety skills will be covered on land during storms/contaminations.

Swim Lessons

Winter 2018 Schedule

Cumberland Cape Atlantic YMCA

Session Dates: Winter runs January 2 – February 24

Registration: Facility members- Monday, December 11, 2017;
Program Members – Monday, December 18

8 Week Session: Classes meet Monday - Wednesday & Saturday AM

7 Week Session: Classes meet Monday PM (no class January 1)

Fees:

- 8 Classes fee: Facility Member \$55 Program Member \$83
- 7 Classes fee: Facility Member \$48 Program Member \$72 (No Lessons- Mon, January 1)

*New to Y Swim Lessons? See reverse side for information on upcoming swim evaluations – find the right class for your child!

	Monday (No classes- January 1)	Tuesday	Wednesday	Thursday	Saturday
SWIM STARTERS- Parent/Child Classes: 6 - 36 months: 30 min.					
Stage A/B - Water Discovery (Parent Child - 6-36 months)					Stage A/B 9:30-10:00am
Stage B - Water Exploration (Parent Child -2-3.5 years)		Stage B 6:15-6:45pm			
Stage 1 - Water Acclimation (with Parent-3-5 years)					Stage 1 10:45-11:15am
SWIM BASICS - Preschool Classes; 3 - 5 years: 30 min.					
Stage 1 - Water Acclimation (with Parent-3-5 years)					Stage 1 10:45-11:15am
Stage 1- Water Acclimation	Stage 1-NEW 5:45-6:15pm	Stage 1 4:30-5:00pm	Stage 1-NEW 4:30-5:00pm	Stage 1 - NEW 5:45-6:15pm	Stage 1- NEW – 11:15-11:45am Stage 1 – 10:15-10:45am
Stage 2 – Water Movement	Stage 2 5:15-5:45pm		Stage 2 4:30-5:00pm 5:45-6:15pm	Stage 2- 5:15-5:45pm	Stage 2 9:00-9:30am
Stage 3 – Water Stamina	Stage 3 5:15-5:45pm		Stage 3 5:45-6:15pm	Stage 3- 5:15-5:45pm	Stage 3 9:00-9:30am
Stage 4 – Stroke Introduction		Stage 4 5:45-6:15pm	Stage 4 6:15-6:45pm		
SWIM BASICS/SWIM STROKES – School Age Classes; 6 - 12 years / Teen/Adult classes; 13 years and older: 45 min.					
Stage 1 - Water Acclimation	Stage 1- NEW 4:30-5:15pm				Stage 1-NEW 8:00-8:45am
Stage 2- Water Movement	Stage 2 5:45-6:30pm			Stage 2 4:30-5:15pm	Stage 2 10:30-11:15am
Stage 3 – Water Stamina			Stage 3 5:00-5:45pm	Stage 3 4:30-5:15pm	Stage 3 11:15am-12:00pm
Stage 4 – Stroke Introduction		Stage 4 5:00-5:45pm	Stage 4 5:00-5:45pm	Stage 4 5:45-6:30pm	Stage 4 9:30-10:15am
Stage 5 - Stroke Development	Stage 5 4:30-5:15pm				
Stage 6 - Stroke Mechanics	Stage 6 4:30-5:15pm				Stage 6 – 8:45-9:30am
Stage 1- Water Acclimation – Stage 3-Water Stamina (Teen/Adult lessons)					8:00-8:45am

Please note - There are no make-ups for missed lessons; Pool will be closed during thunderstorms; safety skills may be covered on land