



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST KEEP SWIMMING

YMCA Swim Lessons – Fall 2 2023

October 30—December 16

Registration begins:

Monday, October 9 - FACILITY Members; **October 16** - PROGRAM Members

Swim Lesson Fees (7 classes); Thursdays—6 classes

Facility Members: \$95.00; Thursdays- \$82.00(6) **Program Members:** \$129.00; Thursdays—\$111.00(6)

RETURNING SWIM LESSON PARTICIPANTS: if you have not been in Y Swim Lessons since Spring 1 2023 or prior, swimmers should register for the stage they last participated in at the Y swim lesson program. If they were just passed to the next stage, they should register for the last stage they spent an 8 week session in, due to the months of having no swim lessons, possible skill regression, and limited/reduced swim conditioning.

Classes	Monday	Tuesday	Wednesday	Thursday (no class Nov 23)	Saturday
SWIM STARTERS - PARENT/CHILD CLASSES; 6-36 MONTHS; 40 MINUTE CLASSES					
Stage A/B - Water Discovery	Stage A/B; 5:15–5:55pm				Stage A/B; 8:30–9:10am
SWIM BASICS - PRESCHOOL CLASSES (PARENT IN WATER W/CHILD); 3-5 YEARS OLD; 40 MINUTE CLASSES					
Stage 1 - Water Acclimation Stage 2 - Water Movement Stage 3 - Water Stamina	Stage 1-3 (w/parent); 6:00–6:40pm	Stage 1-3 (w/parent); 4:30–5:10pm		Stage 1-2 (w/parent); 6:00–6:40pm	Stage 1-3 (w/parent); 9:15–9:55am
Stage 3 - Water Stamina				Stage 3(w/ parent); 4:30–5:10pm	
SWIM BASICS/SWIM STROKES - SCHOOL AGE CLASSES; 6-12 YEARS OLD; 40 MINUTE CLASSES					
TEEN/ADULT CLASSES; 13+ YEARS OLD; 40 MINUTE CLASSES					
Stage 1 - Water Acclimation	Stage 1; 6:45–7:25pm			Stage 1; 5:15–5:55pm	Stage 1; 10:00–10:40am
Stage 2 - Water Movement	Stage 2; 6:45–7:25pm			Stage 2; 5:15–5:55pm	Stage 2; 10:00–10:40am
Stage 3 - Water Stamina		Stage 3; 6:00–6:40pm	Stage 3; 5:15–5:55pm		Stage 3; 11:30am–12:10pm
Stage 4 - Stroke Introduction		Stage 4; 5:15–5:55pm	Stage 4; 6:00–6:40pm		
Stage 5 - Stroke Development			Stage 5; 6:45–7:25pm		
Stage 6 - Stroke Mechanics			Stage 6; 6:45–7:25pm		
Stages 1-3 (Water Stamina through Stroke Introduction) - Teen/Adult Lessons	Stage 1-3 7:30–8:10pm				Stage 1-3; 10:45–11:25am

Turn over for more swim lesson information and options

YMCA Swim Lessons – Class descriptions

Please Note:

- Instructor will be in the water teaching; there may be portions of the class when they are on deck teaching and/or observing the students skills
- Class may be cancelled due to low enrollment; there are no make-ups for missed lessons
- Safety skills may be covered on land during storms/contaminations when participants cannot get in the water

Infant/Toddler (6–36 Months with Parent in the water) –SWIM STARTERS A/B – Water Discovery/Exploration

Parents/guardians will assist their child in the water, under the direction of an experience and trained YMCA Swim Instructor, to develop the following skills: floating, going underwater, arm and leg movements, and the fundamentals of self-rescue and water safety. One (1) parent must be in the water to assist with each child. Max 8–9 youth per class.

Preschool (3–5 years old with Parent in the water) –SWIM BASICS – Stage 1– Water Acclimation; Stage 2 – Water Movement; and Stage 3 – Water Stamina

One (1) parent per child in the water to assist your child with swimming skills in our pool. Wear a bathing suit.

Stage 3 only – must have been in Y swim lessons Stage 2 and moved to Stage 3 by the Y Swim Instructor; designed for parent to gradually be out of the water over the session, if appropriate for the child. Max 5–6 per class.

School Age (6–12 years old) –SWIM BASICS – Stages 1–Water Acclimation; Stage 2–Water Movement

OPTIONAL: Parents/guardians in the water, assisting child with skills. If no parent in the water, youth will sit on the side and wait for their turn.

Stage 1: for youth who haven't had swim lessons or aren't comfortable submerging underwater and floating on their own. Max of 5–6 per class.

Stage 2: swimmer must be comfortable and competent with going underwater, floating, jumping in the water and climbing out. Max of 5–6 per class.

School Age (6–12 years old) –SWIM BASICS – Stages 3 – Water Stamina

Must be able to swim 15 feet on front, roll to a back float and roll back to swim on front; can tread water for 10 seconds. Class will focus on front and back stroke, breathing while swimming, treading water, and water safety. Max 5–6 per class.

School Age (6–12 years old) –SWIM STROKES – Stages 4 – Stroke Introduction

Must be able to swim 45 feet on front and back; can tread water for 60 seconds. Class will focus on front and back stroke with breathing, breast and butterfly kicks, treading water kicks, and water safety. Max 6–7 per class.

School Age (6–12 years old) –SWIM STROKES – Stages 5 – Stroke Development; Stage 6 – Stroke Mechanics

Children must have been moved up by the Instructor or participated in the Stage for at least one (1) session; must be able to swim at least one length of front and back crawl and perform breaststroke and butterfly kicks (Stage 5); and elementary backstroke (Stage 6). Students will improve their strokes and endurance. Max 6–8 per class.

Teen/Adult Lessons (13 and older) – SWIM BASICS – Stage 1–3

For new or beginner swimmers. Class will focus on front and back floating, gliding, basic swim strokes on front and back, treading water, and water safety. Max. of 5–6 per class.

PRIVATE LESSONS

Our Y offers a variety of private lesson options, including private (one-on-one), semi-private (two to one), and family (same household, 3–4 people) **five (5) years and older**. Currently, there is limited availability for private lesson requests, we will work to secure a spot as **availability permits**.

Contact Assistant Aquatic Director, Mary Desjardins at aquatics@ccaymca.org or 856-691-0030 ext.112 for more information.

WE NEED YOU! Interested in becoming a Lifeguard or Swim Instructor? Contact Mary Desjardins at 856-691-0030 ext. 112 or aquatics@ccaymca.org