



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS



**Downtown Family YMCA  
SWIM LESSONS  
JULY 2024**

For more info or to register, scan QR code.



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The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills.

- Group Lessons**
  - 4 Lessons: \$45 member/  
\$70 non-member
  - 8 Lessons: \$90 member/\$140 non-member
- Private Lessons**
  - 4 Lessons: \$100 member/  
\$170 non-member
- Semi-Private Lessons**  
(groups of 2-3)
  - 4 Lessons: \$150 member/  
\$275 non-member

**Our Mission:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**July 2024**  
Mon-Thurs: 15<sup>th</sup> – 25<sup>th</sup>  
Sat: 6<sup>th</sup> – 27<sup>th</sup>

**CLASS**

**DAY/TIME**

**Swim Starters: Ages 6 mo-3yrs** (parent participation required)

Water Discovery/Exploration      Tues & Thurs: 4:45 p.m. OR  
Sat: 10:30 a.m.

**Swim Basics: Preschool – Ages 3-5**

Levels 1, 2 & 3 –      Mon - Thurs: 5:30 p.m. OR  
Acclimation/Movement/Stamina      Sat: 11:15 a.m.

**Swim Basics: Youth – Ages 6-12**

Levels 1, 2 & 3 –      Mon - Thurs: 6:15 p.m. OR  
Acclimation/Movement/Stamina      Sat: 12:00 p.m.

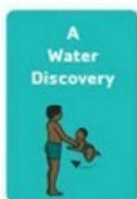
**Swim Strokes & Adult Beginner**

Scheduled as private sessions

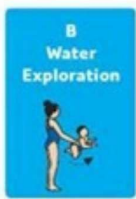
Makeup lessons are not conducted for personal absences & are only conducted if the class cancels.  
Makeup lessons for classes extend the season one additional Saturday or by adding minutes to remaining classes.

**SWIM STARTERS**

Parent & child lessons



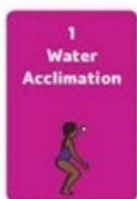
Introduces infants & toddlers to the aquatics environment.



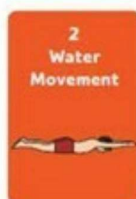
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatics skills.

**SWIM BASICS**

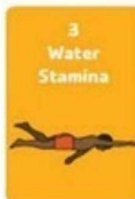
Recommended skills for all to have around water



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



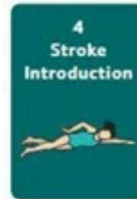
Encourages forward movement in water & basic self rescue skills performed independently.



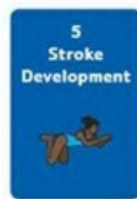
Develops intermediate self rescue skills performed at longer distances than in previous stages.

**SWIM STROKES**

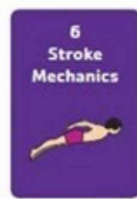
Skills to support a healthy lifestyle



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



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



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

**OUTCOMES**

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

**OUTCOMES**

Students learn personal water safety & 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

**OUTCOMES**

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