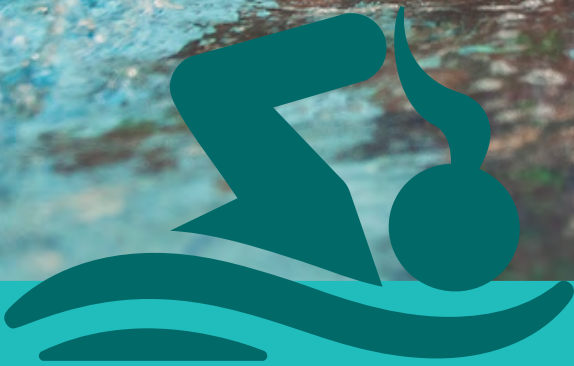




FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



Fall 2024

STRONG SWIMMERS CONFIDENT KIDS

Hamilton Family Y Swim Lessons

LESSONS	MEMBER	NON-MEMBER
Group: Saturdays 4 lessons	\$45	\$70
Group: Weekdays 8 lessons	\$90	\$140
Private: 1 lesson (30 min.)	\$35	\$60
Private: 4 lessons (30 min.)	\$100	\$170
Private: 8 lessons (30 min.)	\$180	\$300
Semi-Private: 1 lesson (groups of 2-3)	\$50	\$90
Semi-Private: 4 lessons (groups of 2-3)	\$150	\$275
Semi-Private: 8 lessons (groups of 2-3)	\$280	\$500
Swim Club	\$110	\$180

FOR MORE INFORMATION

Schuyler Colling
 Senior Program Director
scolling@ymcachattanooga.org
 423-899-1721



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.

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



SWIM LESSONS OVERVIEW & SCHEDULE

GROUP CLASSES – 30 min.

DAY/TIME

Swim Starters: Ages 6 mos.-3 yrs.
Water Discovery/Exploration

Saturdays 11:30 a.m.

Swim Basics: Preschool Ages 3-5 yrs.
Acclimation/Movement/Stamina

Mon./Wed. 4p.m. or Tue./Thur. 5p.m.
Saturday 10:45a.m., 11:30a.m.

Swim Basics: Youth Ages 6-12 yrs.
Acclimation/Movement/Stamina

Mon./Wed. 4:45p.m. or Tue./Thur. 5:45p.m.
Saturday 10a.m.

8 Lessons Dates: August 5-29, September 9-October 3, October 7-31, November 4- Dec 5 (Weekdays)
4 Lessons Dates: August 3-24, September 7-28, October 5-26, November 2-23 (Saturdays)

SWIM CLUB – AGES 6-17 Tue./Thu. @ 6:15 p.m. September 3-Oct. 31

Our Swim Club program offers children and teens an opportunity to work with coaches to improve swimming skills and endurance and to promote a healthy lifestyle. Participants build character values through personal improvement, training, goal setting and teamwork. Swim Club is perfect for our Swim Strokes (levels 4, 5, 6) and beyond! Classes: 60 min. 18 sessions.

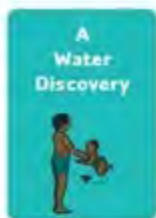
PRIVATE LESSONS – AGES 3+ | 30 min.

Private and semi-private lessons are available for any skill level by appointment only. Registration is required. Register at the Y Front Desk only. Please indicate preferred lesson days and times if you have schedule restrictions. A swim instructor will contact you to schedule your lessons once registration and payment are received.

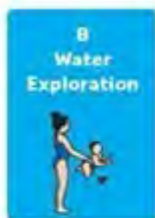
Makeup lessons are only conducted if the YMCA cancels class. A day will be added or minutes will be added to remaining classes.

SWIM STARTERS

Parent & child lessons



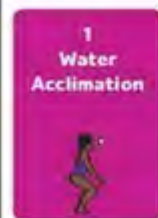
Introduces infants & toddlers to the aquatics environment.



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.