



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



Fall 2024

STRONG SWIMMERS CONFIDENT KIDS

North River Family YMCA Swim Lessons

LESSONS	MEMBER	NON-MEMBER
Group: 4 lessons (30 min.)	\$45	\$70
Private: 4 lessons (30 min.)	\$100	\$170
Private: 4 lessons (60 min.)	\$200	\$340
Semi-Private: 4 lessons (group of 2-3, 30 min.)	\$150	\$275
Adaptive: 4 lessons (30 min.)	\$100	\$100
Adaptive: 4 lessons (60 min.)	\$200	\$200

FOR MORE INFORMATION

ALLISON DUPREE
 AQUATICS DIRECTOR
 adupree@ymcachattanooga.org
 423-877-3517



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.

Swim Starters: Ages 6 mos.–3 yrs. *parent participation required

Swim Basics: Ages 3–12yrs.

Swim Intermediate: Ages 6–12yrs.

Swim Strokes: Ages 6–12yrs. *must be able to pass Y swim test to participate

DAY/TIME

Mon 4:45pm | Thu 4:45pm | Sat 9:15am

Mon 4:45pm, 5:30pm | Thu 4:45pm, 5:30pm | Sat 10:45am

Mon 5:30pm | Thu 5:30pm, 6:15pm | Sat 10:00am

Mon 6:15pm | Thu 6:15pm

SESSION DATES

MONDAYS: 9/9–9/30 | 10/7–10/28 | 11/4–11/25 | 12/2–12/23

THURSDAYS: 9/5–9/26 | 10/3–10/24 | 11/7–11/21* | 12/5–12/19*

SATURDAYS: 9/7–9/28 | 10/5–10/26 | 11/2–11/23 | 12/7–12/28

*3-week schedule due to holidays. Discounted by 25%

PRIVATE/ADAPTIVE LESSONS – ALL AGES | 30 min. or 60 min.

Private/semi-private/adaptive lessons are available for any skill level by appointment only. Registration is required. Register by scanning the QR or emailing adupree@ymcachattanooga.org. You will be contacted with scheduling options and lessons will begin only after payment is received.

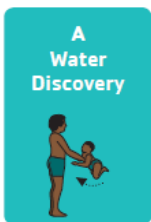


Any participants under the age of 3 years must have an attending adult in the water during lessons (in addition to the instructor)

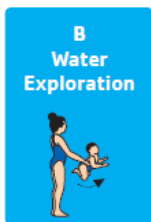
Makeup lessons are only conducted if the YMCA cancels class. A day will be added or minutes will be added to remaining classes.

SWIM STARTERS

Parent & child lessons



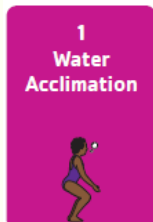
Introduces infants & toddlers to the aquatic environment.



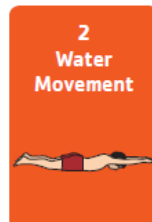
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatic skills.

SWIM BASICS

Skills for all to have around water



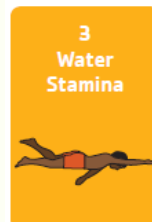
Increases comfort with underwater exploration & introduces basic self-rescue skills performed with assistance.



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

SWIM INTERMEDIATE

Increasing confidence & stamina



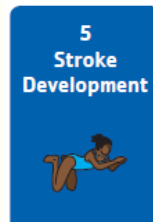
Develops intermediate self-rescue skills performed at longer distances than in previous stages



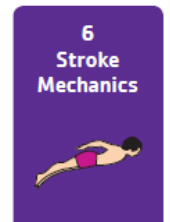
Introduces basic stroke technique in front crawl & back crawl & reinforces water safety through treading water & elementary backstroke.

SWIM STROKES

Skills to support a healthy lifestyle



Introduces breaststroke & butterfly & reinforces water safety through treading water & 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, & 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, & foster a lifetime of physical activity.