



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



OCTOBER 2024

# STRONG SWIMMERS CONFIDENT KIDS

## DOWNTOWN FAMILY YMCA

LESSONS	MEMBER	NON-MEMBER
4 GROUP LESSONS	\$45	\$70
8 GROUP LESSONS	\$90	\$140
4 PRIVATE LESSONS	\$100	\$170
8 PRIVATE LESSONS	\$180	\$300
4 SEMI-PRIVATE LESSONS (GROUP OF 2-3)	\$150	\$275
8 SEMI-PRIVATE LESSONS (GROUP OF 2-3)	\$280	\$500

### FOR MORE INFORMATION

CASSIE SINGLETON  
AQUATICS DIRECTOR  
CSINGLETON@YMCACHATTANOOGA.ORG  
423.266.3766



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.

SAT CLASS: Oct. 5<sup>th</sup>-26<sup>th</sup>

## DAY/TIME

SWIM STARTERS: AGES 6 MO-3 YRS (PARENT PARTICIPATION REQUIRED)

Sat: 10:30am

Sat: 11:15am

SWIM BASICS: PRESCHOOL (AGES 3-5)

Sat: 12pm

SWIM BASICS: YOUTH (AGES 6-12)

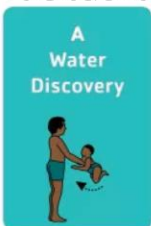
## PRIVATE LESSONS – AGES 3+ | 30 min.

Private and semi-private lessons are available for any skill level by appointment only. Registration is required. Please contact the Aquatics Director with your preferred lesson days and times. A swim instructor will be assigned to you.

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



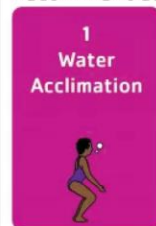
Introduces infants & toddlers to the aquatics environment.



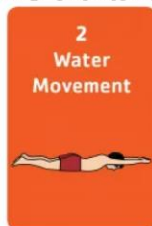
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatics skills.

### SWIM BASICS

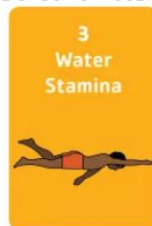
Recommended skills for all to have around water



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



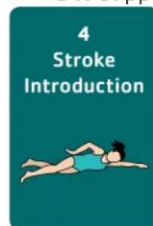
Encourages forward movement in water & basic self rescue skills performed independently.



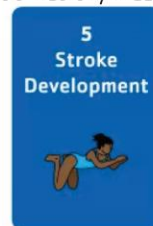
Develops intermediate self rescue skills performed at longer distances than in previous stages.

### 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.