



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



October 2024

STRONG SWIMMERS CONFIDENT KIDS

Cleveland Family YMCA

LESSONS	MEMBER	NON-MEMBER
4 Group Lessons	\$45	\$90
4 Private Lessons	\$100	\$170
8 Private Lessons	\$180	\$300
4 Semi-Private Lessons	\$150	\$275
8 Semi-Private Lessons	\$280	\$500

FOR MORE INFORMATION

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 Swim Lesson Coordinator
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Group Lessons



Private Lessons

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.



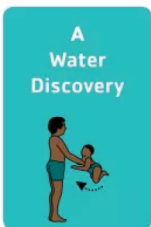
SWIM LESSONS OVERVIEW & SCHEDULE

Monday October 7th - 28th	Tuesday October 1st-22nd	Wednesday October 2nd-23rd	Saturday October 5th-26th
Levels 4, 5, 6: 5:15pm	Level 1: 5:15pm	Homeschool, Level 1-3: 12:15pm	Swim Starters: 10:30am
Level 1: 5:50pm	Level 2: 5:50pm	Homeschool, Levels 4, 5, 6: 1:00pm	Levels 4, 5, 6: 11:05am
Levels 2+3: 6:25pm	Level 3: 6:25pm		Level 1: 11:40am
Levels 4, 5, 6: 7:00pm	Levels 4, 5, 6: 7:00pm		Level 2-3: 12:15pm

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



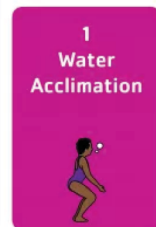
Introduces infants & toddlers to the aquatics environment.



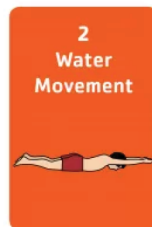
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatics skills.

SWIM BASICS

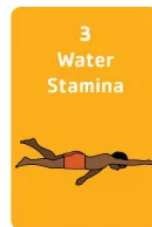
Recommended skills for all to have around water



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



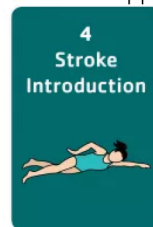
Encourages forward movement in water & basic self rescue skills performed independently.



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

SWIM STROKES

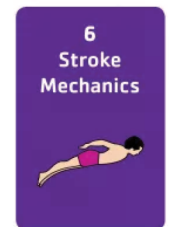
Skills to support a healthy lifestyle



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.