



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Spring 2025

# STRONG SWIMMERS CONFIDENT KIDS

## North River Family YMCA

### FOR MORE INFORMATION

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LESSONS	MEMBER	NON-MEMBER
Group: Weekdays 4 lessons (30 min.)	\$40	\$60
Private: 4 lessons (30 min.)	\$115	\$200
Semi-Private: 4 lessons (group of 2-3, 30 min.)	\$185	\$300
Adaptive: 4 lessons (30 min.)	\$60	\$60

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 3–12 yrs.

Swim Intermediate: Ages 3–12 yrs.

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

## DAY/TIME

Sat 10:45am

Mon 4:45pm, 6:15pm | Thu 4:45pm, 6:15pm | Sat 10:00am

Mon 5:30pm | Thu 5:30pm

Mon 6:15pm | Thu 4:45pm | Sat 9:15am

## SESSION DATES

MONDAYS: 1/6–1/27 | 2/3–2/24 | 3/3–3/24 | 4/7–4/21\* | 5/5–5/19\*

THURSDAYS: 1/9–1/30 | 2/6–2/27 | 3/6–3/27 | 4/3–4/24 | 5/8–5/29

SATURDAYS: 1/4–1/25 | 2/1–2/22 | 3/1–3/22 | 4/5–4/26 | 5/3–5/17\*

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

## PRIVATE/ADAPTIVE LESSONS – ALL AGES | 30 min.

Private, semi-private, and adaptive lessons are available for any skill level by appointment only. Register by scanning the QR or emailing [adupree@ymcachattanooga.org](mailto:adupree@ymcachattanooga.org). You will be contacted with scheduling options and lessons will only begin after payment is received.

PRIVATE/ADAPTIVE  
REGISTRATION



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



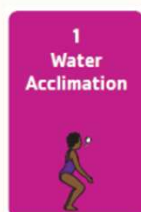
Introduces infants & toddlers to the aquatic environment.



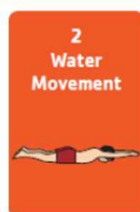
Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatic skills.

### 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



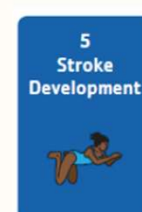
Develops intermediate self rescue skills performed at longer distances than in previous stages



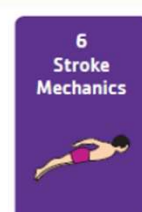
Introduces basic stroke technique in front crawl & back crawl & reinforces water safety through treading water & elementary backstroke.

### 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, and foster a lifetime of physical activity.