



# Swim Lessons

## Denny Price Family YMCA

### GROUP LESSONS

#### Session Dates

**Summer Session 2:** July 24 - August 6th (Monday-Thursday) Morning Sessions

**Fall Session 1:** August 29 - September 21 (Tuesday and Thursday) Night Sessions

**Fall Session 2:** October 10 - November 2 (Tuesday and Thursday) Night Sessions

#### Group Classes/Time Options:

##### Morning Classes:

10:00a - 10:30a Parent/Child (0-2 Year old) and Water Acclimation (3-5 year old)

10:35a - 11:05a Water Move and Water Stamina (3-5 year old)

11:10a - 11:40a Water Acclimation and Water Movement (6-12 year old)

11:45a - 12:15a Water Stamina and Stroke Introduction (6-12 year old)

12:20a - 12:50a Stroke Development and Stroke Mechanics (6-12 year old)

##### Night Classes:

5:15p - 5:45p Parent/Child (0-2 Year old) and Water Acclimation (3-5 year old)

5:50p - 6:20p Water Moment and Water Stamina (3-5 year old)

6:25p - 6:55p Water Acclimation and Water Movement (6-12 year old)

7:00p - 7:30p Water Stamina and Stroke Introduction (6-12 year old)

7:30p - 8:00p Stroke Development and Stroke Mechanics (6-12 year old)

#### Important Information for Group Lessons:

- Registration for Summer Session 2: Will start July 9th Close on July 23rd
- Registration for Fall Session 1: Will start August 13th Close August 27th
- Registration for Fall Session 2: Will start September 24th Close October 8th



# STAGE DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM BASICS

Students learn personal water safety and 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



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**HAVE MORE QUESTIONS?** For more information on each stage, please visit our website Aquatics page and as always, our front-desk staff is available to answer any questions about the swim lessons program.

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