



# Swim Lessons

## Denny Price Family YMCA

### GROUP LESSONS

#### Session Dates

**Fall Session 1:** August 27th - September 19th (Tuesday and Thursday)

**Fall Session 2:** October 8th - November 5th (Tuesday and Thursday) no lesson 10/31

#### Group Classes/Time Options

##### Evening Classes

5:30p - 6:00p Parent/Child A&B (0-2 Year old) and Water Acclimation (3-5 year old)

6:05p - 6:35p Water Movement and Water Stamina (3-5 year old)

6:40p - 7:10p Water Acclimation and Water Movement (6-12 year old)

7:15p - 7:45p Water Stamina and Stroke Introduction/Stroke Development (6-12 year old)

##### Cost

**\$45 Members**

**\$65 Non-Members**

#### REGISTRATION

- Registration for Fall Session 1: August 11 - August 25
- Registration for Fall Session 2: September 22 - October 6
- Register online at [enidymca.org](http://enidymca.org)



**STRONG SWIMMERS  
CONFIDENT KIDS**



# 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.

## 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



### 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 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.



### 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.

**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.

**Denny Price Family YMCA**  
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