



## Swim Lessons – Winter “B” 2023

### Session Dates:

Classes are held on Tuesdays & Thursdays for the duration of the session. Each session is 8 lessons.

#### Winter 3: Jan. 3rd – Jan. 26th

Registration Begins: Dec. 9th

Late Fee Begins: Dec. 30th

#### Winter 4: Jan. 31st – Feb. 23rd

Registration Begins: Jan. 6th

Late Fee Begins: Jan. 27th

### Session Times:

#### Swim Basics/Swim Strokes:

10:30a-11a(SB only) • 4p-4:30p • 5p-5:30p • 6-6:30p

#### Parent/Child:

6:00p-6:30p

#### Adult:

6:30p-7p

### **Fees:**

Member- \$55.00

Non-Member- \$75.00

### **Saturday Parent/Child at 9am:**

January 7th, 14th, 21st and 28th

February 4th, 11th, 18th, March 4th

Members-\$30.00

Non-Members-\$40.00

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The levels for swim lessons are broken into two groups: **Swim Basics** and **Swim Strokes**. When choosing the proper level for your child take into consideration our swim test. If your child has passed the **YELLOW** swim test (which involves jumping in, treading water for 10 seconds, then swimming 15yards) or the equivalent, he/she would qualify for the Swim Strokes level. Participants who are not able to pass the test would be considered Swim Basics.

**Ages:** Parent/Child:6months-3yrs • Swim Basics/Swim Strokes:3yrs-15yrs • Adult:13yrs+

In situations where ages for levels overlap, parent or participant may choose which level they prefer.

Spaces are limited. To register, visit [www.andersonareaymca.org](http://www.andersonareaymca.org), or stop by our Front Desk.

**\*\*\*Due to high demand for swim lessons, we can not offer makeups or refunds to individual participants for missed sessions. No refunds for lessons will be given after the late fee date for each session.**

Questions? Reach out to [madisonw@andersonareaymca.org](mailto:madisonw@andersonareaymca.org).

## SWIM BASICS

### **Level 1: Water Acclimation**

This stage increases the students comfort with underwater exploration and introduces basic self-rescue skills. Students will focus on:

- \*Exploring the aquatic environment and personal skills with instructor help
- \*Develop basic skills to propel and glide through the water with instructor help
- \*Learn basic aquatic safety and accept some of the responsibility for safe practices

### **Level 2: Water Movement**

This stage focuses on forward movement in the water and basic self-rescue skills performed independently. Students will focus on:

- \*Exploring the aquatic environment and personal skills without instructor help
- \*Develop basic skills to propel and glide through the water without instructor help
- \*Learn basic aquatic safety and accept some of the responsibility for safe practices

### **Level 3: Water Stamina**

This stage develops intermediate self-rescue skills performed at longer distances. Students will focus on:

- \*Integrating arm action, leg action, and rhythmic breathing in back and front glides.
- \*Developing forward movement on front and back.
- \*Practice skills and safety techniques in deep water.

## SWIM STROKES

### **Level 4: Stroke Introduction**

This stage introduces front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Students will focus on:

- \*Developing the front and back crawl.
- \*Introducing components of breaststroke and butterfly.
- \*Practicing safety techniques in deep water.

### **Level 5: Stroke Development**

This stage introduces breaststroke and butterfly and reinforces water safety through treading water and side stroke. Students will focus on:

- \*Developing stamina in the front crawl and back crawl.
- \*Developing the breaststroke and butterfly.
- \*Building endurance techniques for deep water safety.

### **Level 6: Stroke Mechanics**

This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Students will focus on:

- \*Developing endurance in the competitive strokes.
- \*Developing skills related to competitive swimming like flip turns.

## PARENT CHILD

### **Level A: Water Discovery**

This stage introduces infants and toddlers to the aquatic environment. This class will focus on:

- \*Encouraging parents to set developmentally appropriate expectations for infants and toddlers.
- \*Introducing and emphasizing basic water safety to parents and providing a positive experience.

### **Level B: Water Exploration**

This stage children focus on body position, blowing bubbles and fundamental safety. This class will focus on:

- \*Encouraging children to move purposefully in the water in response to visual and verbal cues using toys and flotation devices.
- \*Emphasizing basic aquatic safety to parents.

