



GROUP SWIM LESSONS SPRING 2023

Session Dates:

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

Spring 1: Feb. 28th—March 23rd

Registration Begins: Feb. 3rd
Late Fee Begins: Feb. 24th
Registration Ends: Feb. 27th or
when class is full

Spring 2: March 28th – April 27th

*****Skip week of April 10-14**

Registration Begins: March 3rd
Late Fee Begins: March 24th
Registration Ends: March 27th or
when class is full

Spring 3: May 2nd—May 25th

Registration Begins: March 31st
Late Fee Begins: April 28th
Registration Ends: April 28th or
when class is full

Session Times:

Class times are the same for each session.

Swim Basics/Swim Strokes:

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

Adult

6:30p–7p

Fees:

Member– \$55.00

Non-Member– \$75.00

Saturday Parent/Child:

Spring 1: March 11th, 18th, April 1st, 8th @ 9–9:30a

Registration Begins: Feb. 10th
Late Fee Begins: March 9th
Registration Ends: March 10th or when class is full

Spring 2: April 15th, 22nd, 29th, May 13th @ 9–9:30a

ADDITIONAL TIME JUST ADDED: 9:30–10a
Registration Begins: March 17th
Late Fee Begins: April 13th
Registration Ends: April 14th

Members–\$30.00

Non-Members–\$40.00

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 is able to complete 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, 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.

SWIM BASICS

Stage 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

Stage 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

Stage 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

Stage 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.

Stage 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.

Stage 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

Stage 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.

Stage 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.

