

GROUP SWIM LESSONS

Winter 2023



Make a splash—join us for swim lessons at the Anderson Area YMCA!

Our swim lessons are broken into three stages: **Swim Starters**, **Swim Basics** and **Swim Strokes**. For more information on the focus of each stage, as well as help in choosing which group to put your child in, please refer to the second page of this flyer. To register, visit www.andersonareaymca.org, or stop by our Front Desk.

Swim Basics/Swim Strokes Session Dates:

Classes are held on Tuesday and Thursday for the duration of the session unless otherwise noted. Each session is 8 lessons.

Winter 1: November 7th—30th

*Week of Thanksgiving will be held on Mon/
Tues—Nov 20th & 21st

Registration Begins: October 6th

Late Fee Begins: November 3rd

Registration Ends: November 6th or when class is full

Winter 2: December 4th—14th

*Classes are Monday through Thursday

Registration Begins: November 10th

Late Fee Begins: December 1st

Registration Ends: December 3rd or when class is full

Session Times:

Class times are the same for each session.

10a–10:30a (Swim Basics Only)

4p–4:30p • 5p–5:30p • 6p–6:30p

Adult Session Dates:

Classes are held on Tuesday and Thursday for the duration of the session. Each session is 8 lessons.

Winter 1: November 7th—30th

*Week of Thanksgiving will be held on Mon/
Tues—Nov 20th & 21st

Registration Begins: October 6th

Late Fee Begins: November 3rd

Registration Ends: November 6th or when class is full

No Adult classes in December due to Christmas Holidays

Session Times:

Class times are the same for each session.

Adult

6:30p–7p

Cost per 8 lesson session:

Member– \$55.00

Non-Member– \$75.00

Saturday Parent/Child:

Winter 1: November 4, 11, 18, 25 @ 9–9:30a

Registration Begins: October 6th

Late Fee Begins: November 3rd

Registration Ends: November 4th or when class is full

No Parent/Child class in December due to Christmas holidays

Cost per 4 lesson session: Members–\$30.00

Non-Members–\$40.00

*****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.

GROUP LESSONS 101

How to choose the proper stage:

Age ranges: 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. Participants must be at least 3 years of age prior to the start of the session to participate in Swim Basics.

Choosing between Swim Basics and Swim Strokes: When choosing the proper group 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**. If you are unsure, pick the closest option to your child's ability, and we will adjust accordingly if necessary.

For more information, including frequently asked questions, and our most up to date policies, please visit www.andersonareaymca.org/aquatics.

SWIM LESSON CONTINUUM:

SWIM STARTERS—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.

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.

ADULT:

Adult lessons incorporate all of the same skills as Swim Basics and Swim Strokes, while taking into account the different needs and learning methods an adult may need. Suitable for beginner and intermediate swimmers.