

# GROUP SWIM LESSONS

## Winter 2024



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](http://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 3: Jan 2nd–25th**

Registration Begins: Dec 8th

Late Fee Begins: Dec 29

Registration Ends: Jan 1st or when class is full

#### **Winter 4: Feb 6th–29th**

Registration Begins: Jan 5th

Late Fee Begins: Feb 2nd

Registration Ends: Feb 5th 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 3: Jan 2nd–25th**

Registration Begins: Dec 8th

Late Fee Begins: Dec 29th

Registration Ends: Jan 1st or when class is full

#### **Winter 4: Feb 6th–29th**

Registration Begins: Jan 5th

Late Fee Begins: Feb 2nd

Registration Ends: Feb 5th or when class is full

### **Session Times:**

Class times are the same for each session.

Adult

6:30p–7p

### **Cost per 8 lesson session:**

Member– \$60.00

Non-Member– \$80.00

### **Saturday Parent/Child:**

**Winter 3:** Jan 6,13,20, 27 @ 9–9:30a

Registration Begins: December 8th 2023

Late Fee Begins: December 29th 2023

Registration Ends: January 1 or when class is full

**Winter 4:** Feb 3,10,17, Mar 2 @ 9–9:30a

Registration Begins: January 5th

Late Fee Begins: February 2nd

Registration Ends: February 5th or when class is full

Cost per 4 lesson session: Members–\$35.00

Non-Members–\$45.00

**\*\*\*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](mailto: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](http://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.