



STRONG SWIMMERS | CONFIDENT KIDS

2023 SUMMER SWIM LESSONS

Our swim lesson format is designed to make students of all levels feel welcome, foster a sense of achievement, emphasize group activities, and enforce a skill continuum that allows student to advance more easily and quicker from level to level. The details are explained on the back of this form.

SESSION DATES:

Monday/Wednesday (Preschool & Youth): 5/29-6/21, 6/26-7/24 (no class 7/3 or 7/5), 7/31-8/23

Tuesday/Thursday (Preschool & Youth): 5/30-6/22, 6/27-7/27 (no class 7/4 or 7/6), 8/1-8/24

Saturday Only (Parent/Child, Preschool, & Youth): 4/29-6/17, 6/24-8/19 (no class 7/1)

Monday Only (Teen & Adult): 5/1-6/19, 6/26-8/21 (no class 7/3)

Tuesday Only (Teen & Adult): 5/3-6/21, 6/28-8/23 (no class 7/5)

PARENT/CHILD (3 Months- 36 Months)

Saturday Only, 10:00am

PRESCHOOL (3-5 Years Old)

Monday/Wednesday:

- Stage 1/2, 5:00pm
- Stage 2/3, 5:35pm

Tuesday/Thursday:

- Stage 1/2, 5:00pm

Saturday Only:

- Stage 1/2, 10:35am
- Stage 2/3, 11:45am

YOUTH (6-12 Years Old)

Monday/Wednesday:

- Stage 4/5, 6:10pm

Tuesday/Thursday:

- Stage 1/2, 5:25pm
- Stage 2/3, 6:10pm

TEEN & ADULT (13yrs & Older)

Monday Only:

- Stage 1/2/3, 6:45pm

Wednesday Only:

- Stage 4/5, 6:45pm

REGISTRATION FEES (all sessions include 8 classes):

Parent/Child, Preschool, & Youth (all classes 30 minutes):
Teen & Adult Classes (all classes 45 minutes each):

Member: \$80	Non-Members: \$95
Member: \$90	Non-Members: \$105

REGISTRATION POLICIES:

- **Registration will open on the 1st of the month for the next upcoming session.**
- **Cancellation/Change Policy:** Changes to registrations may be made up to the first day of class. Registration fees become nonrefundable 2 weeks prior to the first day of each session. No refunds/credits will be provided after the second day of class.
- **Make-up classes due to inclement weather or other reasons beyond the control of the Y are not guaranteed. When able, make-up lessons will be scheduled for the next available Friday or indicated make-up date.**
- **No credits/refunds will be provided to individuals who are unable to attend classes or make-up classes.**

For more information, please contact Briley Penner (Aquatics Director) at bpenner@acymca.org or (336) 395-9622 ext. 215

SWIM SKILLS GUIDE:

Our program focuses on 4 key skill groups: **Breath control, swimming on the front, on the back, and water safety.** There are 6 skill stages in total for students to advance through.



PRESCHOOL SKILLS (Ages 3-5)

1 WATER ACCLIMATION No skills required. Participants will learn how to, submerge and blow bubbles independently, glide 5ft to wall with assistance, float on back and front for 5 seconds with assistance, roll back to front and front to back, and exit the water independently.

2 WATER MOVEMENT Level 1 skills required. Will learn how to submerge and look at object at the bottom of the pool, front glide 5ft, front float for 10 seconds, back glide 5ft, back float 10 seconds, roll back to front & front to back, and tread water for 10 seconds near the wall, and exit the water independently.

3 WATER STAMINA Level 2 skills required. Will learn how to submerge and retrieve an object in chest-deep water, swim on front for 10yds, swim on back for 10yds, roll back to front and front to back, tread water for 30 seconds, and exit the water independently.

YOUTH SKILLS (Ages 6-12) & TEEN/ADULT SKILLS (Ages 13 & Up)

1 WATER ACCLIMATION No skills required. Participants will learn how to, submerge and blow bubbles independently, glide 5ft to wall with assistance, float on back and front for 5 seconds with assistance, roll back to front and front to back, and exit the water independently.

2 WATER MOVEMENT Level 1 skills required. Will learn how to submerge and look at object at the bottom of the pool, front glide 5ft, front float for 10 seconds, back glide 5ft, back float 10 seconds, roll back to front & front to back, and tread water for 10 seconds near the wall, and exit the water independently.

3 WATER STAMINA Level 2 skills required. Will learn how to submerge and retrieve an object in chest-deep water, swim on front for 10yds, swim on back for 10yds, roll back to front and front to back, tread water for 30 seconds, and exit the water independently.

4 STROKE INTRODUCTION Level 3 skills required. Will learn how to swim front crawl (freestyle) with rhythmic, side-to-side breathing for 15yds, back crawl (backstroke) for 15yds, breaststroke/butterfly kick for 15yds, sitting dive, elementary backstroke (resting stroke for 15yds, and tread water for 1 minute.

5 STROKE DEVELOPMENT Level 5 skills required. Will learn how to front crawl (freestyle) with a bent-arm recovery for 25yds, butterfly with simultaneous arm action/kick for 15yds, back crawl (backstroke) pull for 25yds, kneeling dive, sidestroke (resting stroke) for 25yds, tread water for 2 minutes. **YBAC Swim Team will be recommended upon completion of Level 5.**

6 YBAC SWIM TEAM For more information, please visit ybachurricanes.commitswim.com.

Private and semi-private lesson packages are also available. Please see registration form for pricing and details. Depending on demand, new registrations may be waitlisted.

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