



STRONG | CONFIDENT SWIMMERS | KIDS

GROUP SWIM LESSONS JANUARY 2024 – APRIL 2024

The YMCA 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.

Our program is offered for all ages:

- Parent/Child (3yrs & Under)
- PreSchool (3–5yrs)
- Youth (6–12yrs)
- Teen/Adult (13yrs +)

PROGRAM FEES:

Parent/Child, PreSchool, Youth
(8, 30 minute lessons)

Member \$80

Non-Member: \$95

Teen/Adult
(8, 45 minute lessons)

Member \$100

Non-Member: \$120

MONDAY/WEDNESDAY (PRE-K, YOUTH)	TUESDAY/THURSDAY (PRE-K, YOUTH)	SATURDAY ONLY (ALL AGES)
Sessions Offered January 8 to February 5 (no class 1/15) February 7 to March 4 March 6 to April 1 April 3 to April 29	Sessions Offered January 9 to February 1 February 6 to February 29 March 5 to March 28 April 2 to April 25	Sessions Offered January 6 to February 24 March 2 to April 27 (no class 3/30)
5:00pm–5:30pm PreK Stage 1 5:00pm–5:30pm PreK Stage 2 5:35pm–6:05pm PreK Stage 3 5:35pm–6:05pm Youth Stage 1 6:10pm–6:40pm Youth Stage 2 6:10pm–6:40pm Youth Stage 3	4:40pm–5:10pm PreK Stage 1 4:40pm–5:10pm PreK Stage 2 5:15pm–5:45pm PreK Stage 3 5:15pm–5:45pm Youth Stage 1 5:50pm–6:20pm Youth Stage 2 5:50pm–6:20pm Youth Stage 3 6:25pm–6:55pm Youth Stage 4 6:25pm–6:55pm Youth Stage 5	10:00am–10:30am Parent/Child 10:35am–11:05am PreK Stage 1, 2 10:35am–11:05am PreK Stage 2, 3 11:10am–11:40am Youth Stage 1, 2 11:10am–11:40am Youth Stage 2, 3 11:45am–12:15pm Youth Stage 4, 5 11:45am–12:30pm Teen/Adult Stage 1, 2, 3
MONDAY ONLY (TEEN & ADULT ONLY)	WEDNESDAY ONLY (TEEN & ADULT ONLY)	
Sessions Offered January 8 to March 4 (no class 1/15) March 11 to April 29	Sessions Offered January 10 to February 28 March 6 to April 24	
6:45pm Teen/Adult (13+) Stage 1, 2, 3	6:45pm Teen/Adult (13+) Stage 4, 5	

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. Listed below are the skills that are worked on in each stage. Participants are progressed through each stage based on their ability to comfortably and consistently perform each skill.

It is recommended that participants that are new to swim lessons register for Stage 1 and that Youth (6–12 yrs) participants not register for Stage 4/5 without the recommendation of their current swim lesson instructor.

STAGE 1 / WATER ACCLIMATION

Submerge bob independently
Front glide assisted, to wall, 5ft
Water exit independently
Jump, swim, turn, swim, grab assisted
Back float assisted, 10 sec., recover independently
Roll back to front & front to back
Front float assisted, 10 sec., recover independently
Back glide assisted, at wall, 5ft
Swim, float, swim assisted, 10ft

STAGE 2 / WATER MOVEMENT

Submerge look at object on bottom
Swim on front 10yd (5yd preschool)
Water exit independently
Jump, swim, turn, swim, grab
Back float 20 sec. (10 sec. preschool)
Roll back to front & front to back
Front float 20 sec. (10 sec. preschool)
Back glide 10ft (5ft preschool)
Tread water 10 sec., near wall & exit
Swim, float, swim 5yd

STAGE 3 / WATER STAMINA

Submerge retrieve object in chest-deep water
Swim on front 15yd (10yd Pre-School)
Water exit independently
Jump, swim, turn, swim, grab 10yd
Swim on back 15yd (10yd Pre-School)
Roll back to front & front to back
Tread water 1 min. & exit (30 sec. Pre-School)
Swim, float, swim 25yd (15yd Pre-School)

STAGE 4 / STROKE INTRODUCTION

Endurance any stroke or combination of strokes, 25yd
Front crawl rotary breathing, 15yd
Back crawl 15yd
Dive sitting
Resting stroke elementary backstroke, 15yd
Tread water scissor & whip kick, 1min.
Breaststroke kick, 15yd
Butterfly kick, 15yd

STAGE 5 / STROKE DEVELOPMENT

Endurance any stroke or combination of strokes, 50yd
Front crawl bent-arm recovery, 25yd
Back crawl pull, 25yd
Dive kneeling
Resting stroke sidestroke, 25yd
Tread water scissor & whip kick, 2 min.
Breaststroke 25yd
Butterfly simultaneous arm action & kick, 15yd

STAGE 6 / YBAC SWIM TEAM

Technique & Fitness Group for more information visit ybachurricanes.commitswim.com

REGISTRATION POLICIES:

- **CLASS REGISTRATION WILL OPEN ON THE 1ST OF THE MONTH FOR THE NEXT UPCOMING SESSION**
- **Class Change Policy:** Changes to registrations may be made up to the second day of class. Aquatics staff reserve the right to remove a participant from class if participant does not meet the skills requirements and place them in the appropriate class if space allows. In the event a participant is in the incorrect class and there is no space available in the correct class, the participant will be removed from the class and no refund will be provided.
- **Credit/Refund Policy:** Registration fees become non-refundable 2 week prior to the 1st day of class. No refunds/credits will be provided after the 2nd day of class.
- **Make-Up Policy:** Make-up classes due to inclement weather or are not guaranteed. When able, make-up lessons will be scheduled for the next available Friday or indicated make-up day and will be communicated via email. Individual make-up lessons cannot be provided for participants that are unable to attend scheduled or make-up lessons.
- **YMCA Code of Conduct:** All persons present on YMCA property and/or participating in or observing YMCA programming are responsible for following the YMCA Code of Conduct. Failure to do so will result in immediate dismissal from the swim lesson program with no refund or credit provided.

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