



STRONG SWIMMERS | CONFIDENT KIDS

GROUP SWIM LESSONS

INTRODUCING PERPETUAL SWIM LESSONS **NEW PROGRAM**

While we will continue to offer traditional session-based lessons, this new program offers continuous enrollment for our Saturday Only classes, allowing participants to join at any time and progress at their own pace. This flexible approach ensures consistent learning and skill development, with swimmers moving up as soon as they are ready, rather than waiting for a new session to begin. Perpetual swim lessons provide ongoing opportunities for improvement, making it easier for families to fit swimming into their busy schedules and ensuring that everyone can enjoy the lifelong benefits of swimming.

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 (7 - 12yrs) 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

Tryout Required for more information visit ybachurricanes.commitswim.com or email Coach Jenn Ward at ybac@acymca.org.

CLASS SCHEDULE IS SUBJECT TO ADJUSTMENT DEPENDING UPON INSTRUCTOR AVAILABILITY

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

REGISTRATION ONLINE OR IN-PERSON

WWW.ACYMCA.ORG/AQUATICS

REGISTRATION FOR PRE-SCHOOL AND YOUTH WEEKDAY SESSIONS
OPENS ON THE FIRST OF THE MONTH FOR THE NEXT UPCOMING SESSION

ADAPTIVE SWIM LESSONS (PRE-SCHOOL 4-6YRS & YOUTH 7-12) NEW PROGRAM

3:1 INSTRUCTOR RATIO | 30 MINUTE LESSONS

ADULT MUST BE IN THE WATER WITH EACH CHILD

Our new Adaptive Swim Lesson Program is tailored to meet the unique needs of children with special needs, providing a supportive and inclusive environment where every child can thrive. Through personalized instruction and individualized attention, our swim instructors work closely with each child to build water confidence, develop swimming skills, and enhance overall water safety.

Class Offerings

Saturdays Only (continuous enrollment only) at 10:05am

Program Fees (drafted on the 1st monthly)

Member: \$87 monthly
Non-Members: \$103 monthly

PRE-SCHOOL (AGES 4-6)

5:1 INSTRUCTOR RATIO | 30 MINUTE LESSONS

Class Offerings

Saturday Only (continuous enrollment) at 10:40am

Weekday Sessions (4wk sessions | 2 lessons weekly)

Monday/Wednesdays Tuesday/Thursday

Stage 1 at 5:00pm

Stage 1 at 4:40pm

Stage 2 at 5:00pm

Stage 2 at 4:40pm

Stage 3 at 5:35pm

Stage 3 at 5:10pm

Program Fees

Saturday Only (drafted on the 1st monthly)

Member: \$52 monthly
Non-Members: \$62 monthly

Weekday Sessions

Member: \$96 per session
Non-Members: \$114 per session

YOUTH (AGES 7-12)

6:1 INSTRUCTOR RATIO | 30 MINUTE LESSONS

Class Offerings

Saturday Only (continuous enrollment)

Stage 1/2/3 at 11:15am

Stage 4/5 at 11:50am

Weekday Sessions (4wk sessions | 2 lessons weekly)

Monday/Wednesdays

Tuesday/Thursday

Stage 1 at 5:35pm

Stage 1 at 5:10pm

Stage 2 at 6:10pm

Stage 2 at 5:45pm

Stage 3 at 6:10pm

Stage 3 at 5:45pm

Stage 4/5 at 6:20pm

Program Fees

Saturday Only (drafted on the 1st monthly)

Member: \$43 monthly
Non-Members: \$52 monthly

Weekday Sessions (4wks)

Member: \$80 per session
Non-Members: \$95 per session

PARENT/CHILD (AGES 3 & UNDER)

12:1 INSTRUCTOR RATIO | 30 MINUTE LESSONS

ADULT MUST BE IN THE WATER WITH EACH CHILD

Class Offerings

Saturdays Only (continuous enrollment only) at 9:30am

Program Fees (drafted on the 1st monthly)

Member: \$43 monthly
Non-Members: \$52 monthly

TEEN & ADULT (AGES 13 & UP)

6:1 INSTRUCTOR RATIO | 45 MINUTE LESSONS

Class Offerings

Saturday Only (continuous enrollment) at 11:50am

Weekday Sessions (continuous enrollment | 1 lesson weekly)

Monday Only

Wednesday Only

Stage 1/2/3 at 6:45pm

Stage 4/5 at 6:45pm

Program Fees (drafted on the 1st monthly)

Member: \$60 monthly
Non-Members: \$70 monthly

FINANCIAL ASSISTANCE AVAILABLE | VISIT ACYMCA.ORG/FA TO LEARN MORE