

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

## WEST PARK-FAIRVIEW FAMILY YMCA **Swim Lesson Schedule**

7-Week Sessions 1/6-2/23/2024 Winter 1 December 23rd

**Registration Opens** 

Member plus \$61.60 Member \$77.00 Non-Member \$154.00



Class Level	Monday	Tuesday	Thursday
A Water Discovery	5:20-5:50 pm		
B Water Exploration			6:20-6:50 pm
Water Acclimation Level 1 (3–5)	4:45-5:15 pm	5:00-5:30 pm	
Water Movement Level 2 (3–5)		5:00-5:30 pm	
Water Stamina Level 3 (3–5)			5:00-5:30 pm
Stroke Introduction Level 4 (3–5)			5:00 -5:30 pm
Water Acclimation Level 1 (6-12)		5:35-6:15 pm	
Water Movement Level 2 (6–12)		5:35-6:15 pm	
Water Stamina Level 3 (6–12)	4:45-5:15 pm		5:35-6:15 pm
Stroke Introduction Level 4 (6–12)			5:35-6:15 pm
Stroke Development Level 5 (6-12)			6:20-7:00 pm
Stroke Mechanics Level 6 (6-12)			6:20-7:00 pm
Competitive Skills	5:20-6:00 pm		
Adult Lessons Beginner		6:20-7:00 pm	
Adult Lessons Intermediate			
Youth/Teen		6:20-7:00 pm	
Competitive Skills is directed towards children wanting to participate on swim team.			

# **LESSON SELECTOR**

#### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



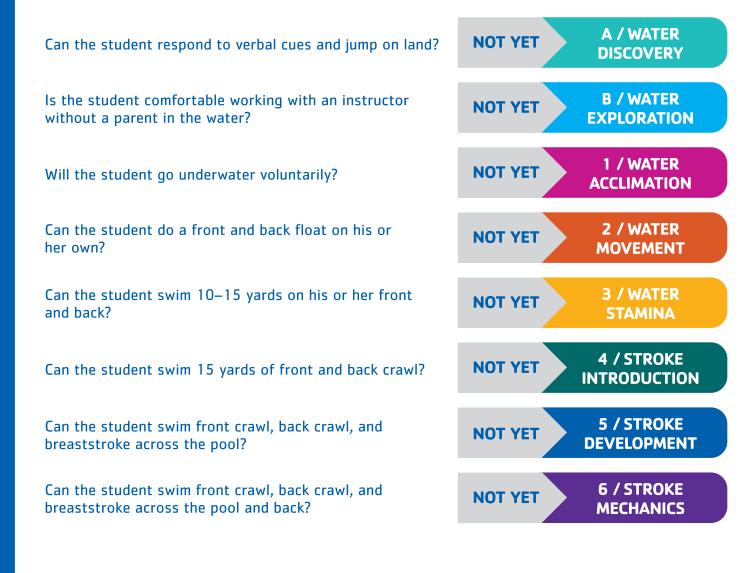




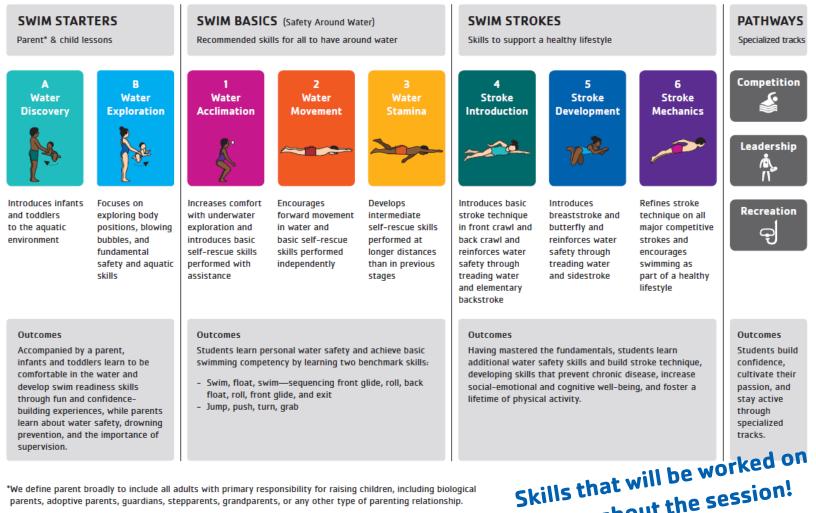
12+ years TEEN & ADULT: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?



If you're having trouble deciding which stage is right for you, contact the Aquatics Department for a free swim evaluation.



\*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

#### throughout the session! SWIM STARTERS SWIM BASICS SWIM STROKES PATHWAYS Parent & child lessons Skills to support a healthy lifestyle Specialized tracks Recommended skills for all to have around water Competition в 1 2 5 6 A Water Water Water Stroke Stroke Stroke Water Exploration Introduction Acclimation Development Mechanics Discovery Movement Blow bubbles Blow bubbles Submerge Submerge Endurance Endurance Endurance Submerge Leadership on surface. mouth & nose bob independently look at object on retrieve object in any stroke or any stroke or any stroke or combination of combination of assisted submerged. bottom chest-deep water combination of /A\ /\ assisted Front glide strokes, 25 yd. strokes, 50 yd. strokes, 150 yd. Front tow Front glide Swim on front assisted, to wall, Front tow 10 ft. (5 ft. 15 yd. (10 yd. Front crawl Front crawl Front crawl chin in water. 5 ft. Recreation assisted blow bubbles. preschool) preschool) rotary breathing, bent-arm flip turn, assisted Water exit 15 vd. recovery. 50 vd. Ą Water exit independently Water exit Water exit 25 yd. parent & child Water exit independently independently Back crawl Back crawl pull & flip turn. together assisted Jump, push, 15 yd. Back crawl turn, grab Jump, push, Jump, swim, pull, 25 yd. 50 yd. Water entry Water entry assisted turn, grab turn, swim, grab Dive parent & child assisted 10 yd. sitting Dive Dive together **Back float** Back float kneeling standing Back float assisted, 20 secs. (10 secs. Swim on back **Resting stroke** preschool) **Back float Resting stroke Resting stroke** assisted, head 15 vd. (10 vd. elementary 10 secs., recover assisted, head on on chest independently preschool) backstroke. sidestroke, elementary shoulder Roll 15 yd. 25 yd. backstroke or Roll Roll sidestroke. Roll Front float Roll assisted assisted Tread water Tread water 50 yd. Tread water assisted 20 secs. (10 secs. scissor & whip scissor & whip preschool) Front float Front float 1 min. & exit kick, 1 min. kick, 2 mins. **Tread water** Front float blow bubbles. assisted. (30 secs retrieve object 10 secs., recover Back glide Breaststroke Breaststroke assisted preschool) off bottom. chin in water. assisted independently 10 ft. (5 ft. kick, 15 yd. 25 yd. tread 1 min. Back tow preschool) Swim, float, Back glide Butterfly Back tow assisted, head swim Butterfly Breaststroke assisted, head on on chest assisted, at wall. Tread water 25 yd. (15 yd. kick, 15 yd. simultaneous arm open turn. shoulder 5 ft. 10 secs., near preschool) action & kick. 50 yd. wall. & exit Monkey crawl 15 yd. Wall grab assisted, on edge, Swim, float, Butterfly assisted 5 ft. Swim, float, swim 25 yd. swim assisted, 10 ft. 5 vd.

#### Welcome to Winter Swim Lessons!

#### This session runs from January 6th-February 23rd

#### Session Overview

Week 1-3, Instruction

Week 4, Mid-session evaluating. This helps you understand where your child should be placed for the following session should you continue with lessons here at the YMCA

Week 5, Mid-session reports will be passed out.

Week 6, Registration for the next session is open.

Week 7, Tootsie Pop Week!!

#### General Info/Reminders:

- Please no swimming before or after lessons in the pool.
- No makeups for group lessons. Due to built-in safety ratios, we cannot allow switching days/times due to an absence.
- Refunds only occur due to a medical issue that requires the child to miss more than half a session.
- Please feel free to watch your child swim but refrain from communicating during class unless it is an emergency. The benches are a great place to observe.
- No pictures or videos are allowed during lessons. We understand that you are excited to document your child's success, but we need to protect the privacy of all participants. Picture day will occur on the last day of lessons.
- We strive to have instructor consistency for your child week to week; however unexpected circumstances do occur. We appreciate your flexibility.
- If you are accompanying children of the opposite gender ages 6 and older, please use our Private Use Locker Room.
- All children under 10 must be accompanied by an adult.

#### Questions/Concerns

Please direct any questions or concerns to the Aquatics Director, Jim Mannion. Please refrain from asking questions to the lifeguards or swim instructors during class time.

We've had over 1200 participants in our swim lessons program since July of 2020. We want you to be our next success story!

Join us for our next session of Swim Lessons!

Thank you, Jim Mannion jmannion@clevelandymca.org

