



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

Registration Opens
December 23rd

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?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



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?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

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

SWIM STARTERS

Parent* & child lessons

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

A Water Discovery



B Water Exploration



1 Water Acclimation



2 Water Movement



3 Water Stamina



4 Stroke Introduction



5 Stroke Development



6 Stroke Mechanics



Competition



Leadership



Recreation



Introduces infants and toddlers to the aquatic environment

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

Encourages forward movement in water and basic self-rescue skills performed independently

Develops intermediate self-rescue skills performed at longer distances than in previous stages

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

Skills that will be worked on throughout the session!

SWIM STARTERS

Parent & child lessons

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

A Water Discovery

Blow bubbles on surface, assisted

Front tow chin in water, assisted

Water exit parent & child together

Water entry parent & child together

Back float assisted, head on shoulder

Roll assisted

Front float chin in water, assisted

Back tow assisted, head on shoulder

Wall grab assisted

B Water Exploration

Blow bubbles mouth & nose submerged, assisted

Front tow blow bubbles, assisted

Water exit assisted

Water entry assisted

Back float assisted, head on chest

Roll assisted

Front float blow bubbles, assisted

Back tow assisted, head on chest

Monkey crawl assisted, on edge, 5 ft.

1 Water Acclimation

Submerge bob independently

Front glide assisted, to wall, 5 ft.

Water exit independently

Jump, push, turn, grab assisted

Back float assisted, 10 secs., recover independently

Roll assisted

Front float assisted, 10 secs., recover independently

Back glide assisted, at wall, 5 ft.

Swim, float, swim assisted, 10 ft.

2 Water Movement

Submerge look at object on bottom

Front glide 10 ft. (5 ft. preschool)

Water exit independently

Jump, push, turn, grab

Back float 20 secs. (10 secs. preschool)

Roll

Front float 20 secs. (10 secs. preschool)

Back glide 10 ft. (5 ft. preschool)

Tread water 10 secs., near wall, & exit

Swim, float, swim 5 yd.

3 Water Stamina

Submerge retrieve object in chest-deep water

Swim on front 15 yd. (10 yd. preschool)

Water exit independently

Jump, swim, turn, swim, grab 10 yd.

Swim on back 15 yd. (10 yd. preschool)

Roll

Tread water 1 min. & exit (30 secs. preschool)

Swim, float, swim 25 yd. (15 yd. preschool)

4 Stroke Introduction

Endurance any stroke or combination of strokes, 25 yd.

Front crawl rotary breathing, 15 yd.

Back crawl 15 yd.

Dive sitting

Resting stroke elementary backstroke, 15 yd.

Tread water scissor & whip kick, 1 min.

Breaststroke kick, 15 yd.

Butterfly kick, 15 yd.

5 Stroke Development

Endurance any stroke or combination of strokes, 50 yd.

Front crawl bent-arm recovery, 25 yd.

Back crawl pull, 25 yd.

Dive kneeling

Resting stroke sidestroke, 25 yd.

Tread water scissor & whip kick, 2 mins.

Breaststroke 25 yd.

Butterfly simultaneous arm action & kick, 15 yd.

6 Stroke Mechanics

Endurance any stroke or combination of strokes, 150 yd.

Front crawl flip turn, 50 yd.

Back crawl pull & flip turn, 50 yd.

Dive standing

Resting stroke elementary backstroke or sidestroke, 50 yd.

Tread water retrieve object off bottom, tread 1 min.

Breaststroke open turn, 50 yd.

Butterfly 25 yd.

Competition



Leadership



Recreation



*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.

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

