



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS FOR ALL AGES

Splashing Our Way to Health and Water Safety.

Holiday 2019, October 21 - December 22



SWIM LESSON LEVELS



SWIM STARTERS: A/WATER DISCOVERY & B/WATER EXPLORATION

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.



SWIM BASICS: 1/WATER ACCLIMATION & 2/WATER MOVEMENT

Students will learn basic self-rescue skills both with and without assistance, increase their comfort with underwater exploration, and begin forward movement in the water with basic swimming skills.



SWIM STROKES: 3/WATER STAMINA & 4/STROKE INTRODUCTION

Students develop intermediate self-rescue skills performed at longer distances and are introduced to basic stroke technique in front crawl and back crawl while reinforcing water safety through treading water and elementary backstroke. Swimmers must either pass Swim Basics or successfully pass a Swim Evaluation to take this class.



ADVANCED SWIM STROKES: 5/STROKE DEVELOPMENT & 6/STROKE MECHANICS

Students are introduced to butterfly, breaststroke, and sidestroke while refining their stroke technique for all major competitive strokes. Swimmers must either pass Swim Strokes or successfully pass a Swim Evaluation to take this class.



Developing Good Technique

Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

1 Position



Lie on stomach on floor in a front-glide position: arms together above head, elbows straight, biceps behind ears, and chin tucked.

2 Roll to Side & Kick



Roll onto left side of body, swinging right arm down against the right side while rolling. Hold on side for three seconds, while doing a flutter kick. Roll back to stomach, returning arm overhead.

3 Relax & Repeat



Rest for a few seconds, then repeat on left side. Repeat on each side one more time. Do this activity two to three times throughout the course of the swim lessons session.

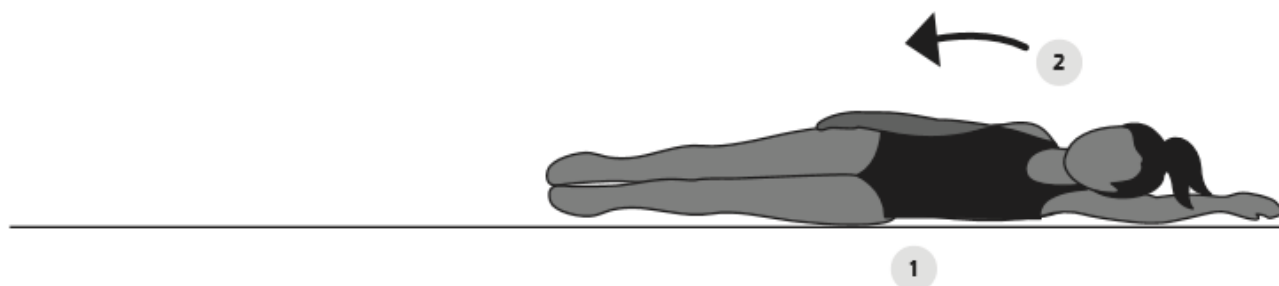
Home activities should be performed under adult supervision.

YMCA Swim Lessons




Helpful Tips

During the activity, pay attention to the following:

- 1 When in side-glide position, is the body balanced?
- 2 Does arm swing down along the side of the body?



Skill / Jump, Swim, Turn, Swim, Grab

PREREQUISITE	STAGE PROGRESSION	ADVANCED
 <p>1 Jump, push, turn, grab, assisted Stand on edge of pool, jump in, and submerge while holding instructor's hand.</p> <p>2 Jump, push, turn, grab Stand on edge of pool, jump in, submerge, and push off bottom while turning toward wall. Grab wall with both hands and exit.</p>	 <p>Jump, swim, turn, swim, grab is a benchmark skill consisting of the following progressions:</p> <p>1 Jump, push, turn, grab Stand on edge of pool, jump in, submerge, push off bottom of pool, reach for wall, and exit.</p> <p>2 Jump, turn, grab, in deep water Same as progression 1, but in water that is overhead.</p> <p>3 Jump, swim, turn, swim, grab, 10 yd. In deep water, jump in, surface, swim on front for 10 yd., turn, swim back to wall, and exit.</p>	 Basic skill competency achieved <p>An advanced version of this skill is built into sequences of other skills.</p>

PRIVATE SWIM LESSONS

Do you want individualized attention, flexible scheduling, and a focus on a specifically desired learning outcome? Schedule a Private Lesson (1 student to 1 instructor) or a Semi-Private (Minimum of 2 students to 1 instructor)

Private:

30 minutes – MDI Y Member: \$40, Non Members \$55

5 Lesson Package – MDI Y Members \$175, Non Members \$250

Semi Private:

30 minutes – MDI Y Member \$33/person, Non Member \$44/person

5 Lesson Package – MDI Y Member \$140/person, Non Member \$195/person