

SWIMMING LESSON SCHEDULE

June-August 2018

Parent/Child (6—36 mon.)

A- Water Discovery
B- Water Exploration

Mon.—Thurs. 3:00PM-3:35PM

Preschool (3-5 years)
35 minute lessons

1/Water Acclimation

Mon.-Thurs.: 9:30AM or 5:30PM

2/Water Movement

Mon.-Thurs.: 10:30AM or 6:30PM

3/Water Stamina

Mon.-Thurs.: 11:30AM or 4:30PM

4/Stroke Introduction

Mon.-Thurs.: 11:30AM or 4:30PM

School Age (5-12 years)
45 minute lessons

1/Water Acclimation

Mon.-Thurs.: 9:30AM or 5:30PM

2/Water Movement

Mon.-Thurs.: 10:30AM or 6:30PM

3/Water Stamina

Mon.-Thurs.: 10:30AM or 6:30PM

4/Stroke Introduction

Mon.-Thurs.: 11:30AM or 4:30PM

5/Stroke Development

Mon.-Thurs.: 9:30AM or 5:30PM

Rates: Members: \$30 Non-Members: \$55

Day Camp Only: \$28

**To receive day camp rate, registrars will only be allowed In-house and child must be registered for day camp before registering for swim lessons.*

Sessions:

1. 6/18/18 - 6/28/18
2. 7/2/18 - 7/12/18
3. 7/16/18 - 7/26/18
4. 7/30/18 - 8/9/18

THINGS TO REMEMBER:

-Your child is guaranteed 6 out of the 8 swimming lessons. If your child is unable to attend 6 lessons. Swim instructor will make arrangements for one of the Fridays during your session to make up.

- Classes will be cancelled if there is not at least 3 students signed up. A full refund or credit to another session will apply. The Friday prior to swimming lesson you will be notified if the class does not make.

-Proper bathing suit attire is required

-All pool rules apply.

-A swim diaper with elastic around the legs and waist must be worn by participants who are not potty trained.

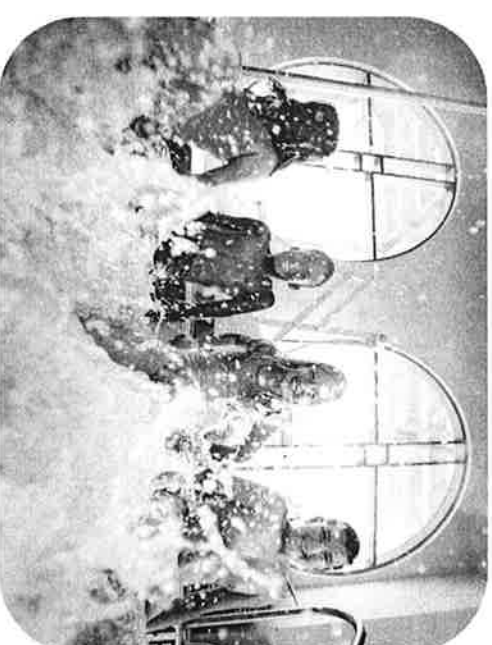
-Parents are invited to watch the class, but are asked not to interrupt the class. Any questions should be handled prior to or after the class.



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STRONG SWIMMERS CONFIDENT KIDS

Swim Lessons YMCA OF SOUTHEAST TEXAS



GROUP SWIM LESSON DESCRIPTIONS

The Y believes every child should have the skills to safely enjoy the water.

The Y offers a wide range of swimming options for the whole family. Swimming builds self-confidence and develops the whole person - spirit, mind and body. Swimming is not only great exercise and a challenging sport, but it is a life skill. We pride ourselves on our commitment to water safety. We assess you or your child's swimming abilities, ensuring that each participant is placed in an appropriate class. We insist on lifeguard supervision at all times. Trained instructors emphasize personal safety, swimming skills, endurance and social skills while guiding students with praise and encouragement.

Swim Starters Aquatic Program

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.

Stage Descriptions:

A / Water Discovery Introduces infants and toddlers to the aquatic environment.

B / Water Exploration Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Swim Basics for Preschool, School Age, Teen, and Adult

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- and jump, push, turn, grab.

In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

Stage Descriptions:

1 / Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 / Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3 / Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.

To learn more about this program contact:

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Swim Strokes for Preschool, School Age, Teen, and Adult

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.

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Stage Descriptions:

4 / Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 / Stroke Development Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

6 / Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

