



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Day Camp Swim Lessons

Fun with a splash of confidence! Join us for a weekly swim lesson. Fits great into your child's day camp schedule or for those wanting a weekly option. Currently we will only offer school age and space is limited.

Reminders

Lessons will take place in the YMCA Aquatic Center. If there are openings in a class you may still register until the class fills up! A class may be cancelled up until the first day of the session if there are low or no registrations. Please register your child for the correct level. If you have questions please contact Sarah Ruud at 222-9622 or by e-mail at sarahj@kandiymca.org

SCHOOL AGE

- Level 1 Water Acclimation (6 openings)
- Level 2 Water Movement (6 openings)
- Level 3 Water Stamina (6 openings)
- Level 4 Stroke Introduction (3 openings)
- Level 5 Stroke Development (3 openings)
- Level 6 Stroke Mechanics (3 openings)



Session Dates: June 21 - July 26

**Thursday
9:00 - 9:45 AM**

**Program Fee: Members: \$45
Non-members: \$ 55**

Summer Swim Lessons Registration Opens for All Sessions:
Members April 2
Non Members May 7

Online registration is available at www.kandiymca.org
No registration by phone or mail. Thank you.

Day Camp Swim Lesson Registration

Name _____ Male / Female _____ Date of Birth _____
Parent/Guardian _____ Phone # _____ E-mail _____
Address _____ City _____ Zip _____
Emergency Contact _____ Phone # _____

Choose Class/Level Level 1 Level 2 Level 3 Level 4 Level 5 Level 6

- I have attached a check/cash for each selected date.
- I would like the registration fee auto-debited from my existing YMCA membership account.
- Please send receipt of payment to e-mail listed above

Signature _____ Date _____ Staff Initials _____

By signing, I authorize the YMCA to use pictures of my Child for Promotional Purposes.

Cancellation Policy

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive the registration fee minus a \$5 processing fee. If cancellations are made **less than 7 days prior** to the scheduled start date **No refunds** will be given. If the program is cancelled due to low enrollment the full registration fee will be refunded.



the
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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

*At this Y, we know families take a variety of forms. As a result, 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.



SWIM STARTERS

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.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and body movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

STAGE DESCRIPTIONS

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.