

SWIM LESSONS



Swim Lesson Registration Form (one form per child)

Participants Name _____ Date of Birth _____ Male / Female _____
 Parent/Guardians _____ Parents Date of Birth _____ Home Phone # _____
 Address _____ City _____ Zip _____
 E-mail Address _____
 Emergency Contact _____ Emergency Contact Phone # _____
 Class / Level _____ (1st Choice) Session _____ Time _____ Choose T/Th Sat
 (2nd Choice) Session _____ Time _____ Choose T/Th Sat

Winter/Spring 2020

We understand that everyone has busy lives; therefore we will be more than willing to make refunds or switch your child to a different time or session. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will have the option of moving the participant to a different session or receiving 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. However, participants will have the option to move to a different class based on availability. Thanks!

- Yes, I give the YMCA permission to use pictures of my child /children.
- I have attached a check for the registration fee.
- I would like to have the registration fee auto-debited from my existing YMCA membership account.
- Please send receipt of payment to e-mail listed above



Parent/Guardian Signature _____ Date _____ Staff Initials _____

Fees:

Preschool and School Age

Member \$50 Non - Member \$75

Private

1 (30 Min) Member \$30 Non - Member \$45
 4 (30 Min) Member \$90 Non-Member \$144

Semi-Private (Max 2 People)

1 (30 Min) Member \$20 Non-Member \$32
 4 (30 Min) Member \$72 Non-Member \$116

Tuesday & Thursday Evening Lessons

Session 1 : January 7 - January 30

Session 2 : February 4 - February 27

Session 3 : March 3 - March 31

Session 4 : April 7 - April 30

Session 5 : May 5 - May 28

Saturday Morning Lessons

Session 2 : February 8 - February 29

Session 4 : April 11 - May 2

Winter Swim Lessons Registration Opens :

Members November 25
 Non Members December 9
 Online registration is available at www.kandiyymca.org

No registration by phone or mail. Thank you.

Private Lessons Available upon Request.

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 Rebecca Olson at 222-9622 or by e-mail at rebecca@kandiyymca.org

PRESCHOOL Level 1 Water Acclimation

4:45 - 5:15 pm
 5:15 - 5:45 pm
 5:45 - 6:15 pm

Level 2 Water Movement

4:45 - 5:15 pm
 5:15 - 5:45 pm
 5:45 - 6:15 pm

Level 3 Water Stamina

6:15 - 6:45 pm
 6:45 - 7:15 pm

Level 4 Stroke Introduction

6:15 - 6:45 pm
 6:45 - 7:15 pm

SCHOOL AGE Level 1 Water Acclimation

4:45 - 5:15 pm
 5:45 - 6:15 pm

Level 2 Water Movement

4:45 - 5:15 pm
 5:45 - 6:15 pm

Level 3 Water Stamina

5:15 - 5:45 pm
 6:45 - 7:15 pm

Level 4 Stroke Introduction

5:15 - 5:45 pm
 6:45 - 7:15 pm

Level 5 Stroke Development

6:15 - 6:45 pm

Level 6 Stroke Mechanics

6:15 - 6:45 pm

PRESCHOOL Level 1 Water Acclimation

10:00 - 10:40 am

Level 2 Water Movement

10:00 - 10:40 am

Level 3 Water Stamina

10:40 - 11:20 am

Level 4 Stroke Introduction

10:40 - 11:20 am

PARENT & CHILD

A) Water Discovery

11:20 am - 12:00

B) Water Exploration

11:20 am - 12:00

SCHOOL AGE Level 1 Water Acclimation

10:00 - 11:00 am

Level 2 Water Movement

10:00 - 11:00 am

Level 3 Water Stamina

10:00 - 11:00 am

Level 4 Stroke Introduction

11:00 am - 12:00

Level 5 Stroke Development

11:00 am - 12:00

Level 6 Stroke Mechanics

11:00 am - 12:00



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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 the 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.

STAGE DESCRIPTIONS



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.



SWIM BASICS

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

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 forward 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.



SWIM STROKES

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.

4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the butterfly 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, learn about 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.

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