

Pre-School Swim Lesson Program



PRE SCHOOL BATHROOM POLICY : PARENTS OF PRESCHOOLERS MUST REMAIN IN THE BUILDING WHILE THEIR CHILD IS IN LESSONS.

YMCA Pre-school swim lessons run an 8 week sessions
Cost : Members \$55 Non Members \$100

Tint Tot I is for kids 6 months to 18months .Parent and Child will be focusing on getting used to the water .Parents will be working with the child with guidance from the instructor to promote and encourage their child's confidence with praise and positive reinforcement.

WEDNESDAY 10-10:30 AM
SATURDAY 9:00-9:30AM 9:30-10:00AM

Tint Tot II is for kids 19 months to 36months .Toddlers in the Tint Tot II class are taught basic swimming skills with or without flotation. The main emphasis continues to be placed on water adjustment and water safety as the child develops trust in the relationship with the instructor while still under the guidance of the parent.

TUESDAY 10:00-10:30AM FRIDAY 10:00-10:30AM
SATURDAY 10:00-10:30AM 10:30-11:00AM

IMPORTANT NOTICE ALL INFANTS AND TODDLERS NOT POTTY TRAINED MUST WEAR A SWIM DIAPER THAT IS COVERED BY A BATHING SUIT OR A ONESIE



In this level children will develop safe pool behavior, adjust to being in the water and develop independent movement in the water. This level is perfect for those children with no or very limited experience swimming

MONDAY 10:00-10:30AM TUESDAY 9:30-10:00AM
WEDNESDAY 10:30-11:00AM 3:30-4:00PM 4:00-4:30PM
THURSDAY 9:30-10:00AM FRIDAY 10:00-10:30AM 3:30-4:00PM 4:30-5:00PM
SATURDAY 9:30-10:00AM 10:00-10:30AM



This level is for the children who are comfortable in the water and preferably wearing less than a 2 bubble. The children will be taught to kick , float , and perform the front crawl stroke. They will also learn about boating safety. One of the goals is to have the children swimming without any bubbles by the end of this Level

MONDAY 10:00-10:30am 3:30-4:00 PM TUESDAY 10:30-11:00 am 3:30-4:00PM
WEDNESDAY 10:00-10:30AM 4:30-5:00 PM THURSDAY 4:30-5:00PM
FRIDAY 10:30-11:00 AM 4:00-4:30 PM SATURDAY 8:30-9 :00 AM 10:30-11:00 AM



In this level children will learn more kicking, floating ,backcrawl and frontcrawl. They will also be introduced to boating safety. One of the goals is to try to have the children swimming with no bubbles .

MONDAY 3:30-4:00 PM TUESDAY 10:30-11:00 am 3:30-4:00PM
WEDNESDAY 4:00-4:30 PM THURSDAY 10:30-11:00 AM 4:30-5:00PM
FRIDAY 10:30-11:00 AM 4:00-4:30 PM SATURDAY 8:30-9 :00 AM 10:30-11:00 AM



This level is to review and refine skills previously learned and to improve on stroke techniques. They will learn personal safety ,rescue skills and floating skills. They will also build endurance on their fronts and back, tread water and develop underwater skills. Children at this level will learn to swim 25 yds on their fronts and backs without IFD .

TUESDAY 10:30-11:00 am 3:30-4:00PM WEDNESDAY 4:00-4:30 pm
THURSDAY 10:30-11:00 am FRIDAY 10:30-11:00 AM SATURDAY 10:00-10:30 am

Danvers Community YMCA 34 Pickering ST Danvers MA 01923
978—774—2055 Bmoore@danversymca.org