

# PROGRESSIVE SWIM LESSONS

YMCA School Age Progressive Swim Lessons run an 8 week session.

Cost : Members \$45 Non Members \$90

This program is designed for kids 6 years old or older or kids who are in 1st grade or above.

There are 7 levels with 5 main components to each level.

Personal growth ,Stroke development ,Water sports ,Rescue skills, Personal safety

## IMPORTANT NOTICE

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



Beginner

This level is designed for the beginner swimmer who cannot swim independently. Children will become acquainted with the pool, use of flotation devices and floating. To move to the next level ,children will be able to swim ,padding on their front without assistance.

MONDAY 3:30—4:00 PM TUESDAY 4:00-4:30 PM THURSDAY 4:00-4:30PM  
FRIDAY 3:30-4:00 PM SATURDAY 9:00-9:30 AM



Advanced

In this level children will become further acquainted with the pool and the use of flotation devices. By the end of this level children will know front ,side and back strokes.

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



At this level ,children will continue to build upon basic skills. they will be performing more skills without flotation. Introductions to breaststroke and elementary backstroke will begin at this level. To move to the next level children will be able to swim 25 yards each of both front crawl with face in the water and back crawl without assistance or flotation

MONDAY 4:30-5:00 PM TUESDAY 3:30-4:00PM  
WEDNESDAY 3:30-4:00 PM FRIDAY 4:00-4:30 pm SATURDAY 8:30-9 :00 AM



MINNOWS

In this level children will learn to set goals and refine strokes ,they will be performing basic side-stroke, breaststroke, crawl stroke with rotary breathing, and backstroke. They will experience more diving ,boat And personal safety

TUESDAY 4:00-4:30 PM FRIDAY 4:00-4:30 PM  
WEDNESDAY 3:30-4:00PM SATURDAY 9:30-10:00 AM



Fish

In this level children will be building on their endurance in this level. They will be introduced to the butterfly stroke ,stroke turns, and will be able to swim 50 yds each of front crawl with rotary breathing, backstroke , breaststroke , elementary backstroke and sidestroke.

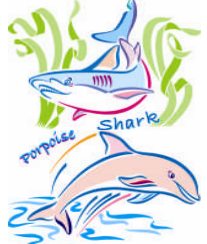
MONDAY 4:00-4:30 PM TUESDAY 4:30-5:00 PM  
THURSDAY 3:30-4:00PM



Flying Fish

At this level swimmers will further refine their strokes and increase their endurance. They will perform more complex swimming and safety skills. The focus to pass this level is a continuous 200 yd swim using the 4 major strokes.

TUESDAY 4:30-5:00 PM FRIDAY 3:30-4:00pm



Porpoise Shark

This an advanced level for those who have mastered the 4 major strokes of butterfly, backstroke ,breaststroke and front crawl. They will become more refined swimmers and be introduced to more life saving skills.

TUESDAY 4:30-5:00 PM

This is the final level of the youth swim program. It is set up in a club format. The emphasis on this level will be on leadership and volunteerism.

TUESDAY 4:00-4:30PM

## Pre-Team

This program is for kids 8 and older who wish to develop their skills in swimming and prepare to be on the swim team.

**Must be pre-tested in order to sign up for Pre-team**

Fees : \$60 members \$125 non members  
8 week session

Mondays and Wednesdays 4:30 -5:00PM

## Learn to Springboard Dive

This course is to teach children 8-12 yrs of age to safely use the springboard diving board.

Fee: \$50 member \$90 Non-Member

Friday 4:30-5:00pm

## Dive Club

This course is for the more advanced diver or those children 13 or older

Fee: \$70 member \$110 Non-Member

Sunday 10- 11 am