



NorthWest Family YMCA FALL 2022 SWIM LESSONS

STRONG SWIMMERS START HERE.

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

A/WATER DISCOVERY

Parent 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

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 skill:

- Swim, float, swim -- sequencing from glide, roll, back float, roll, front glide and exit
- Jump, push, turn, grab

S1

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.

S2

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.

S3

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.

S4

4/STROKE INTRODUCTION

In stage 4, students 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.

S5

5/STROKE DEVELOPMENT

In stage 5, students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestrokes.

S6

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.

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.

2022 FALL SWIM SCHEDULE: August – November

4 WEEK/MONTHLY SESSION Mon/Wed -or- Tues/Thurs • August Session: Aug. 1-25 • September Session: Sept. 6-29 (Sept. 5 will be made up on Sept. 9) • October Session: Oct. 3-27 • November Session: Oct. 31 – Nov. 29 (No classes Nov 23 or 24. Last two classes are Nov. 21 & 28 for M/W and Nov. 22 & 29 for T/Th)		FEE: \$55 Member \$100 Nonmembers	SATURDAY SESSIONS FEE: \$30 Member \$60 Nonmember • August – 6, 13, 20, 27 • September – 3, 10, 17, 24 • October – 1, 8, 15, 22 • November – 5, 12, 19, 26	
		MONDAY/WEDNESDAY	TUESDAY/THURSDAY	SATURDAY
SWIM STARTERS				WATER DISCOVERY Stage A: 8:10-8:40 am (6-18 mos) Stage B: 8:40-9:10 am (18-36 mos)
	SWIM BASICS	S1 WATER ACCLIMATION – PM 4:15 – 4:45 pm (3 –10 yrs)	WATER ACCLIMATION – PM 4:15 – 4:45 pm (3 –10 yrs)	WATER ACCLIMATION 9:15-9:45 am (3-5 yrs) 9:15-9:45 am (6-12 yrs)
	S2 WATER MOVEMENT- PM 4:50 – 5:20 pm (3 –10 yrs)	WATER MOVEMENT – PM 4:50 – 5:20 pm (3 –10 yrs)	WATER MOVEMENT 9:50 – 10:20 am (3 –5 yrs) 9:50 – 10:20 am (6-12 yrs)	
	S3 WATER STAMINA – PM 5:25 – 5:55 pm (3-10 yrs)	WATER STAMINA – PM 5:25 – 5:55 pm (3-10 yrs)	WATER STAMINA 10:25 – 10:55 am (3 –5 yrs) 10:25 – 10:55 am (6-12 yrs)	
SWIM STROKES	S4 STROKE INTRODUCTION – PM 5:25 – 5:55 pm (3-10 yrs)	STROKE INTRODUCTION – PM 5:25 – 5:55 pm (5-12 yrs)	STROKE INTRODUCTION 11:00 – 11:30 am (3-5 yrs) 11:00 – 11:30 am (6-12 yrs)	
	S5 STROKE DEVELOPMENT – PM 6:00-6:30 pm (6-12 yrs)		STROKE DEVELOPMENT 11:35 am – 12:05 pm (6 –12 yrs)	
	S6 STROKE MECHANICS – PM 6:00-6:30 pm (6-12 yrs)		STROKE MECHANICS 11:35 am – 12:05 pm (6 –12 yrs)	
SWIM BASICS		ADULT SWIM BASICS – PM 6:00-6:30 pm (11 & older)	ADULT SWIM BASICS – PM 12:10 – 12:40 pm (13 & older)	

PRIVATE LESSONS

Private lessons offer the opportunity to have one-on-one instruction at any age or level. Lesson availability is dependent upon available instructors and pool space. Please see Member Services to schedule.

FEE PER LESSON:

Members \$25/1, \$80/4, \$145/8 and \$199/12
 Nonmembers \$140/4

REGISTER TODAY!

Visit Member Services or register online at columbiaymca.org.

QUESTIONS?

Call 803.407.8007 or email nwaquatics@columbiaymca.org