



# SWIM LESSONS

## JEEP ROGERS FAMILY YMCA

### SWIM STARTERS

RATIO 1:10

**\*\*Must be accompanied by a parent or guardian 18 or older. Infants and toddlers learn to be comfortable in the water and develop swim readiness skills.**

Discovery



#### WATER DISCOVERY\*\*

6 -36 Months

**SATURDAYS**

9:00-9:30 am

10:30-11:00 am

2-WEEKS

11:00am - 11:30am

12:30pm - 1:00pm

1. Children who are not potty trained need to be in a vinyl diaper.
2. Classes require a 3 participant minimum. If your class has 2 or less enrolled you will be contacted regarding other available options.
3. Classes will be canceled in the event of inclement weather or pool mechanical issues.

### MONTHLY LESSONS

(M = Member | NM = NonMember)

#### WEEKDAY CLASSES

**Fee:** \$55 M | \$100 NM

**Days:** Mon/Wed -or- Tues/Thurs

**Note:** Classes are held twice a week per month and are 30-minutes each.

#### SATURDAY CLASSES

**Fee:** \$30 M | \$60 NM

**Day:** Saturday only

**Note:** Classes are once a week per month and are 30-minutes each.

**Swim Basics | Teen/Adult**  
**Saturdays 8:15am - 8:45am**

### SWIM BASICS

RATIO 1:6

Students learn personal water safety and achieve basic swimming competency by learning benchmark skills such as jump, push, turn, grab AND swim, float, swim.

Acclimation



#### WATER ACCLIMATION

Ages 3-10

**SATURDAYS**

9:00-9:30am

9:45-10:15 am

10:30-11:00 am

11:15-11:45 am

**WEEKDAYS**

7:30am - 7:45am 4:30-5:00 pm

8:15am - 8:45am 6:00-6:30 pm

10:15-10:45 am

2-WEEKS

10:15am - 10:45 | 11:00am - 11:30

12:30pm - 1:00

Movement



#### WATER MOVEMENT

Ages 3-10

**SATURDAYS**

9:00-9:30am

9:45-10:15 am

10:30-11:00 am

**WEEKDAYS**

7:00am - 7:30 am

4:30-5:00 pm

5:15pm - 5:45pm

2-WEEKS

10:15am - 10:45 | 11:00am - 11:30

11:45am- 12:15 | 12:30pm - 1:00

Stamina



#### WATER STAMINA

Ages 3-10

**SATURDAYS**

9:45-10:15 am

11:15-11:45 am

**WEEKDAYS**

5:15pm - 5:45pm

6:45pm - 7:15pm

2-WEEKS

10:15am - 10:45 | 11:45am- 12:15

### SWIM STROKES

RATIO 1:8

Having mastered the fundamentals, students learn additional water safety skills and build stroke techniques.

Introduction



#### STROKE INTRODUCTION

Ages 4-12

**SATURDAYS**

11:15-11:45 am

**WEEKDAYS**

6:45pm - 7:15pm

2-WEEKS

11:45am- 12:15

Swimmer League



Season: June 5-July 16, 2023

Fee: Member \$150

Nonmember \$200

Practices: Monday - Thursday

Ages 10 & Under: 7:00-7:45 am

Ages 11 & Up: 8:00-8:45 am



Ages 4-12

Focuses on the four competitive strokes - freestyle, backstroke, breaststroke, butterfly - as well as turns and dives.

**SATURDAYS**

11:00-11:45 am

**Fee:** \$40 M | \$80 NM

**WEEKDAYS**

**Fee:** 6:30-7:15 am  
\$60 M | \$110 NM

**PREREQ:** Must be able to swim 25 yards non-stop.

All lessons are taught by a Y-USA certified swim instructor.

## TWO WEEK SESSIONS

June 5th - June 15th | June 19th - June 30th

July 10th - July 20th | July 24th - August 3rd

## QUESTIONS?

Contact Swim Lesson Coordinator Baylee Morrow  
at [jeepaquatics@columbiaymca.org](mailto:jeepaquatics@columbiaymca.org) or  
803.451.8439

# SWIM LESSON SELECTOR

## WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

**NOT YET**

**A/ WATER  
DISCOVERY**

Will the student go underwater voluntarily?

**NOT YET**

**1/ WATER  
ACCLIMATION**

Can the student do a front and back float on his/her own?

**NOT YET**

**2/ WATER  
MOVEMENT**

Can the student swim 10 - 15 yards on his/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**

\*At the Y, we know families come in 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.

## FREQUENTLY ASKED QUESTIONS

### Can we swim before/after swim lessons?

If you are a member you can swim during the family/open swim times, be sure to check the pool schedule. If you are a non-member you cannot swim outside of swim lessons. See the front desk to inquire about membership.

### Inclement Weather?

First/ Second class we will add additional time to each following lessons  
More than two class will be announced when make-up is by Aquatics Director ONLY

### Can we switch teachers?

You cannot switch teachers due to gender preference or favoritism.

### Where can I watch my child swim?

You can sit on the bleachers or on the benches in the hallway. Being on the edge distracts not only your child's progress but the progress of the entire class.

### Photos?

You are more than welcome to take photos of your children, but be mindful of other children, their parents, and facility staff. Do not tag anyone you do not personally know and do not tag any staff members. You are welcome to tag our facility. @jeeprogersymca

### What to eat before swim lessons?

Snacks are always encouraged before swim lessons. Refrain from feeding your child a full meal right before lessons in case they swallow water and their meal ends up in the pool.

### How many lessons before my child can swim?

Every child learns at a different rate and every child has a different goal for their swimming experience.