



# NorthWest Family YMCA WINTER 2024 SWIM LESSONS

**STRONG SWIMMERS START HERE.**

## SWIM STARTERS RATIO 1:10

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

Parent accompanies 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 RATIO 1:6

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim sequencing from 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 RATIO 1:6

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

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.



### 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.



### 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.

# 2024 WINTER SWIM SCHEDULE (November – December)

		4 WEEK SESSION 8 LESSONS PER MONTH	WEEKEND SESSION 4 LESSONS PER MONTH
<b>WHEN</b>		MONDAY/WEDNESDAY	SATURDAYS
<b>SESSION</b>		<ul style="list-style-type: none"> <li>• NOV. 4 &amp; 6, 11 &amp; 13, 18 &amp; 20, 25 &amp; 27</li> <li>• DEC. 2 &amp; 4, 9 &amp; 11, 16 &amp; 18, 23 &amp; 30</li> </ul> NOTE: Last two lessons are two Monday's; no classes held on December 25	<ul style="list-style-type: none"> <li>• NOV. 9, 16, 23, 30</li> <li>• DEC. 7, 14, 21, 28</li> </ul>
<b>FEE</b>		\$55 Member, \$100 Nonmember	\$30 Member, \$60 Nonmember
<b>SWIM STARTERS</b>		**All Swim Starter participants under 36 months must be accompanied by a parent or guardian 18 or older.	<b>**WATER DISCOVERY – STAGE A</b> 8:10-8:40 AM (6-36 months)  <b>**WATER DISCOVERY – STAGE B</b> 8:50-9:20 AM (18-36 Months)
<b>SWIM BASICS</b>	<b>S1</b>	<b>WATER ACCLIMATION</b> 4:30 – 5:00 PM (3 – 12 yrs)	<b>WATER ACCLIMATION</b> 9:30 – 10:00 AM (3-12 yrs) 10:10 – 10:40 AM (3-12 yrs)
	<b>S2</b>	<b>WATER MOVEMENT</b> 5:10 – 5:40 PM (3 – 12 yrs)	<b>WATER MOVEMENT</b> 10:50 – 11:20 AM (3 – 12 yrs)
	<b>S3</b>	<b>WATER STAMINA</b> 5:50 – 6:20 PM (3-12 yrs)	<b>WATER STAMINA</b> 11:30 AM – 12:00 PM (3-12 yrs)
<b>SWIM STROKES</b>	<b>S4</b>	<b>STROKE INTRODUCTION</b> 6:30 – 7:00 PM (6-12 yrs)	<b>STROKE INTRODUCTION</b> 12:10 – 12:40 PM (6-12 yrs)
	<b>S5 S6</b>	<b>STROKE DEVELOPMENT/ MECHANICS COMBO</b> 6:30 – 7:00 PM (6-12 yrs)	<b>STROKE DEVELOPMENT/ MECHANICS COMBO</b> 12:10 – 12:40 PM (6-12 yrs)
<b>SWIM BASICS</b>			<b>ADULT SWIM BASICS</b> 12:50 – 1:20 PM (13 & older)

**ACCOMMODATIONS:** At the YMCA we believe everyone deserves the opportunity to learn to swim. We're dedicated to providing inclusive swim lessons and are happy to discuss accommodations to meet your specific needs. Please reach out to our Aquatics Director for more information.

## 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.

**FEE** Members: \$30/1, \$95/4, \$175/8, \$250/12  
Nonmembers: \$150/4

See Member Services or visit [columbiaymca.org](http://columbiaymca.org) to schedule.

## PLEASE READ

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.

## REGISTER TODAY!

Visit Member Services or [columbiaymca.org](http://columbiaymca.org)



## QUESTIONS?

Call 803.407.8007 ext. 218 or email [oliviadean@columbiaymca.org](mailto:oliviadean@columbiaymca.org)