



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRESCHOOL SWIM LESSONS (Ages 3-5):

Exploration: Exploration is appropriate for beginners or somewhat nervous students age 3-5 who are not yet comfortable in the water for the Preschool Level 1 class. This level is for children who have never taken learn to swim classes and need to learn beginning skills such as breath-holding, bubbles, and comfortable submersions before joining our tradition swim lesson levels. They will start in this class and then be moved to Preschool Level 1 when they are comfortable enough in the water to complete 10 bobs, which are water submersions where the child fully submerges underwater while exhaling through their mouth and nose.

Preschool Level 1: Preschool Level 1 is appropriate for swimmers ages 3-5 who are able to hold their breath under water and complete 10 bobs comfortably. In this level, the children are taught floating on both their stomachs and backs. Instructors will be helping them get comfortable doing these two skills. To move to level 2 the child must be able to complete a front and back float by pushing off the wall and floating for 10 feet without assistance.

Preschool Level 2: Preschool Level 2 is appropriate for swimmers ages 3-5 who are able to comfortably hold their breath underwater and float on their stomach and back without support for 10 feet. In this level, floating skills on both the front and back are built upon by adding kicking with their legs. Students will also be introduced to sculling, a technique used to feel and manipulate the water with your hands. To move to level 3, children must be able to push off the wall on both their stomach and back and while floating, kick for at least 20 feet from the wall and then recover on their own.

Preschool Level 3: Preschool Level 3 class is appropriate for swimmers ages 3-5 who have mastered breath control, body position, can kick 20 feet on their front and back on top of the water, and then recover on their own. This level teaches the proper way the arms work with the kick in the front-crawl stroke/freestyle. Students also learn sculling on their back while kicking. To move to the next level, children must complete the front-crawl stroke/freestyle for at least 35 feet and scull on their backs for 15 feet.

Preschool Level 4: Preschool Level 4 is for appropriate for swimmers ages 3-5 who are able to complete front-crawl stroke/freestyle for 35 feet on top of the water and are able to scull on their backs for 15 feet. This level introduces bilateral, rotary breathing with the front-crawl stroke/freestyle. Various drills are utilized to help children develop this skill. Students will also learn proper arm pulling techniques for backstroke. To advance, children must be able to swim freestyle for 75 feet with bilateral, rotary breathing, and be able to demonstrate swimming backstroke for 35 feet.



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YOUTH SWIM LESSONS (Ages 6-12):

Youth Level 1: Appropriate for non-swimmers and beginners ages 6-12. Youth Level 1 introduces children to water safety and the basic skills necessary for swimming. In this level, the children are taught floating on both their stomachs and backs. Instructors will be helping them get comfortable doing these two skills. To move to level 2 the child must be able to complete a front and back float by pushing off the wall and floating for 10 feet without assistance.

Youth Level 2: Youth Level 2 is appropriate for swimmers ages 6-12 who are able to comfortably hold their breath underwater and float on their stomach and back without support for 10 feet. In this level, floating skills on both the front and back are built upon by adding kicking with their legs. Students will also be introduced to sculling, a technique used to feel and manipulate the water with your hands. To move to level 3, children must be able to push off the wall on both their stomach and back and while floating, kick for at least 20 feet from the wall and then recover on their own.

Youth Level 3: Youth Level 3 class is appropriate for swimmers ages 6-12 who have mastered breath control, body position, and can kick 20 feet on their front and back on top of the water and then recover on their own. This level teaches the proper way the arms work with the kick in the front-crawl stroke/freestyle. Students also learn sculling on their back while kicking. To move to the next level, children must complete the front-crawl stroke/freestyle for at least 35 feet and scull on their backs for 15 feet.

Youth Level 4: Youth Level 4 is for appropriate for swimmers ages 6-12 who are able to swim freestyle stroke for 35 feet on top of the water, but who stop when they need to take a breath, scull on their backs for 15 feet. This level introduces bilateral, rotary breathing with the front-crawl stroke/freestyle. Various drills are utilized to help children develop this skill. Students will also learn proper arm pulling techniques for backstroke. To advance, children must be able to swim freestyle for 75 feet with bilateral, rotary breathing, and be able to demonstrate swimming backstroke for 35 feet.



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STROKE/TECHNIQUE SWIM LESSONS (Ages 5+): Advanced stroke lessons designed to transition participants to competitive swimming or joining the WAVES swim team.

Stroke/Technique Level 1: Appropriate for swimmers ages 5+ who have completed Learn To Swim Levels 1-4 and are able to swim freestyle for 75 feet with a comfortable breathing pattern, and can demonstrate swimming backstroke for 35 feet. This level will work on refining freestyle and backstroke to improve efficiency. Swimmers will be taught the fundamentals of breaststroke. In order to move to level 3, swimmers must be able to swim 50 yards freestyle, 25 yards backstroke, and complete 30 feet of breaststroke.

Stroke/Technique Level 2: Appropriate for swimmers ages 5+ who are able to swim 25 yards of freestyle with good breathing pattern, 25 yards backstroke with proper stroke mechanics, and complete 30 feet of proper breaststroke swim. This level continues the progression of freestyle, backstroke and breaststroke to develop endurance in these strokes and will be taught the fundamentals of butterfly. In order to move to level 3, swimmers must be able to swim 50 yards freestyle, 25 yards backstroke, 25 yards breaststroke, and 30 feet of butterfly.

Stroke/Technique Level 3: Appropriate for swimmers ages 5+ who are able to swim 50 yards freestyle, 25 yards backstroke, 25 yards breaststroke, and 30 feet of butterfly. This level improves efficiency and techniques of all four strokes and introduces the final components of competitive swimming, including starts and turns. In order to advance, swimmers must be able to swim a 100-yard individual medley, which includes 25 yards of each stroke and legal transition turns between them.

PARENT/CHILD SWIM LESSONS (Ages 6 months- 3 Years): Group lessons designed to orient parents and children ages 6 months-3 years to the aquatic environment with songs and games. These lessons focus on helping children become comfortable in and around the water, while parents learn how to teach their child basic aquatic movements. Songs and developmentally appropriate games that use basic movements in the water such as kicking, arm strokes and blowing bubbles, encourage socialization with other families with children of the same age.

***In order to participate all children are required to wear a swim diaper under their swimsuit (no disposable diapers allowed), and a parent or adult must accompany children in the pool at all times during the lesson.**



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ADULT SWIM LESSONS (Ages 13+): 45-minute group lessons designed to help minimize fear of the water by teaching fundamental swimming skills. Appropriate for non-swimmers and beginners ages 13+. These lessons will teach floating, body position, kicking, and the fundamentals of the front and back crawl strokes

S.N.A.P (SPECIAL NEEDS AQUATIC PROGRAM):

S.N.A.P. is a specialized and personalized swim lesson program for individuals with Downs Syndrome, Cerebral Palsy, Autism, and other special needs. Participation must be approved by the Learn to Swim Coordinator. Please submit a S.N.A.P. LESSON INTAKE FORM to the front desk and contact the Learn to Swim Coordinator with any questions. Registration includes four, 45-minute private swim lessons with a certified instructor who has experience and training working with special needs individuals.

Fee: Y Members \$100 / Prospective Member \$140

PRIVATE & SEMI-PRIVATE SWIM LESSONS:

Are you interested in having one on one instruction or have a friend you would like to learn to swim with? Do you need more flexibility in when your lessons are offered? If so, private lessons may be just for you. To sign up, obtain a private/semi-private lesson request form at the Member Services Desk. Once completed, we will match you with a qualified instructor. Lessons are by appointment and taught during available Private Lesson times.

Private (Child) Lessons: Registration includes four, 30-minute private, or semi-private swim lessons with a certified instructor who is specialized in teaching individuals of all ages how to swim.

Fee: Y Members \$100 / Prospective Member: \$140

Private (Adult) Lessons: Registration includes four, 45-minute private, or semi-private swim lessons with a certified instructor who is specialized in teaching individuals of all ages how to swim.

Fee: Y Members \$100 / Prospective Member: \$140