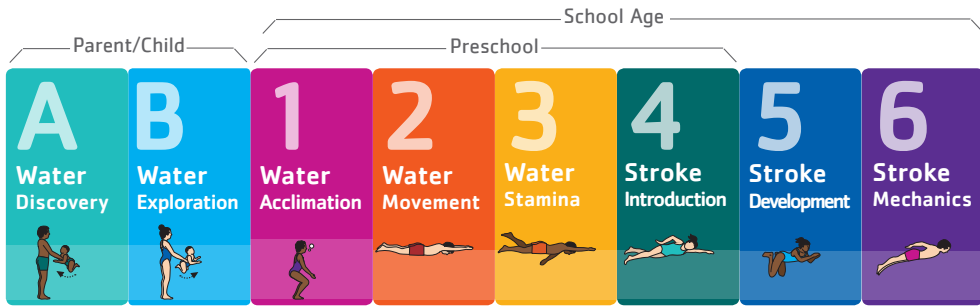


# SWIM LESSON PROGRAM OVERVIEW



REGISTER ONLINE at [ymcasatx.org/aquatics](http://ymcasatx.org/aquatics) or in person.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Your First Swim Lesson

is scheduled for \_\_\_\_\_ at \_\_\_\_\_ am/pm



# STRONG SWIMMERS CONFIDENT KIDS

Y Swim Lessons  
YMCA OF GREATER SAN ANTONIO

[ymcasatx.org/aquatics](http://ymcasatx.org/aquatics)

**YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.



# Y Swim Lessons

**WELCOME to the YMCA Swim Lessons Program!** The Y swim lesson class curriculum includes a core group of aquatic skills every person needs to be safe around water. Students begin with and build upon skills they are ready to learn, helping them to celebrate their successes, build self-confidence, and enjoy learning to swim and water safety.

## SWIM LESSONS FOR ALL AGES

Y Swim Lesson curriculum is based on a continuum that focuses on a skill-based progression that builds confidence and supports swimming skills. There are three phases within the continuum, beginning with [Swim Starters](#) (children 6 - 36 months), then [Swim Basics](#) (children ages 3 - 12) and [Swim Strokes](#) (school-aged children 5 - 12 years). Each phase is broken into stages that are designed specifically for that age group on a cognitive and social ability.

### Swim Starters (Parent & Child Swim Lessons)

Ages 6 months - 3 years • Stages: A & B

**Stage A - Water Discovery:** Parents accompany children in this class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about water.

**Stage B - Water Exploration:** Parents are guided to work with their child to explore body positions, floating, blowing bubbles, fundamental safety and aquatic skills.

### Swim Basics (Preschool & School-Age Swim Lessons)

Ages 3 - 12 years • Stages: 1 - 3

**Stage 1 - Water Acclimation:** Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

**Stage 2 - Water Movement:** Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

**Stage 3 - Water Stamina:** Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

### Swim Strokes (School-Age Swim Lessons)

Ages 5 - 12 years • Stages: 4 - 6

**Stage 4 - Stroke Introduction:** Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the frontcrawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes and practice safety techniques in deep water.

**Stage 5 - Stroke Development:** Students continue to work on their stroke technique and all major competitive strokes are introduced. Swimmers will develop stamina in the frontcrawl and backcrawl strokes, learn the breaststroke and butterfly strokes while building endurance in their techniques for deep water safety.

**Stage 6 - Stroke Mechanics:** Students refine their stroke technique on all major competitive strokes and learn about competitive swimming. Swimmers will develop endurance in the competitive strokes, learn skills related to competitive swimming like racing starts and flip turns while enhancing their techniques and building endurance in deep water.

## What to Expect

- Small instructor-to-student ratios
- Curriculum focusing on skills-based instruction with emphasis on personal safety.
- Provided take-home tools and resources to support students and families outside of the Y.
- Students' progress is tracked throughout the session and discussed with parents.
- Mid-session reports given halfway through session and certificates of achievement given at completion.
- Variety of class offerings at many convenient Y locations.

## Policies & Procedures

- Ensure child wears appropriate swim attire; goggles are optional.
- A parent/caregiver must be present for duration of lesson.
- Please make sure that your child uses the restroom prior to the class beginning.
- Parents may take photos of their children, however please refrain from taking group photos.
- Credits or refunds will only be given due to illness or extenuating circumstances. All credits and refunds must go directly through the Aquatic Director at your branch.
- Y Staff may close the pool at any time for safety reasons, including but not limited to: chemical imbalance, mechanical issue, water clarity, pool contamination or natural dangers (lightening or thunder). Any lessons that are cancelled due to these instances will be scheduled a make-up date.

