

## YWCA SWIM LESSONS

Parents will bring children to the YWCA pool on the first day of class for a brief orientation. ***Parents are not allowed in the pool area during class, except on the last Friday of each session for "Parent's Day."*** At this time you will be given a progress report and be able to observe your child's progress.

**CLASSES ARE IN TWO-WEEK SESSIONS.  
(MONDAY – THURSDAY THE FIRST WEEK, AND  
MONDAY - FRIDAY, THE SECOND WEEK.)**

**Cost per session:**

Level I (25 minutes long)	\$65
Levels II-VI/ (45 minutes long)	\$75

**Level I-Introduction to Water Skills**

Teaches elementary aquatic skills and helps students feel comfortable in the water and learn to enjoy the water safely. Breath holding, emersion of face & head, flutter kick, feet first jump and float on back.

**Level II-Fundamental Aquatic Skills**

The purpose is to give students success with fundamental skills. This level marks the beginning of true locomotion skills and adds to the skills covered in Level I. Turtle or tuck float, face float & glide, face glide & kick, back float & glide, back glide & kick, finning on back, jump into shallow water, elementary crawl 20 feet and water stunt.

**Level III-Stroke Development**

This level builds on fundamental skills from level two and focuses on development of basic strokes. Students begin to learn what to do in emergency situations. Hold breath 10 seconds, rhythmic breathing 20 times, back float 10 seconds, elementary crawl 25 yards, elementary back stroke, finning 30 feet, front dive, dive & tread water 10 seconds, jump into deep water & swim 15 yards & return, two water stunts.

**Level IV-Stroke Improvement**

The purpose of Level IV is to develop confidence in the strokes already learned, as well as, introduce new strokes and life saving skills. Students build endurance by swimming strokes learned in previous levels. Underwater glide, tread water 30 seconds, bobbing 10 times, rhythmic breathing 1 minute, dive & tread water 30 seconds, front crawl 25 yards, elementary back stroke 25 yards, surface dive & retrieve object, and side stroke 10 yards.

**Level V-Stroke Refinement**

This is the final level in basic swimming strokes. Advanced swimming skills and techniques are introduced. Students also build the endurance for distance swimming; Life saving skills are continued.

**Level VI-Swimming and Skill Proficiency Lifeguard Readiness**

Continues to refine strokes and advanced skills. Students learn to swim with overall ease, efficiency, power, and smoothness over distances. This course is appropriate for swim team and lifeguarding preparation.

**Other Important Information:**

CHILD MUST BE 3 YEARS OF AGE OR OLDER TO PARTICIPATE IN SWIM PROGRAM.

Please notify the office and the instructors of any existing medical conditions. Please walk your child to the pool, do not drop your child off at the breezeway. If you leave the YWCA during your child's class, we ask that you return at least five minutes before the scheduled time classes end.

At least one emergency contact is required for course registration.

**GROUP LESSONS ARE NOT ALWAYS SUITABLE  
FOR SOME CHILDREN DUE TO THEIR ATTENTION  
SPAN. REFERRAL FOR PRIVATE LESSONS MAY  
BE OBTAINED FROM THE OFFICE**

**SWIM CLASS SCHEDULE FOR 2011**

**Session 1 – June 6-June 17**

8:00 am – 8:45 am Level III

9:00 am – 9:25 am Level I

9:30 am - 9:55 am Level I

10:00 am – 10:45 am Level II

**Session 2 - June 20-July 1**

8:00 am – 8:25 am Level I

8:30 am – 9:15 am Level II

9:30 am – 10:15 am Level III

10:30 am – 11:15 am Level II

**Session 3 – July 11-July 22**

8:00 am – 8:45 am Level II

9:00 am – 9:25 am Level I

9:30 am – 10:15 am Level III

10:30 am – 11:15 am Level IV

**Session 4 - July 25 – August 5**

8:00 am - 8:45 am Level II

9:00 am - 9:45 am Level III

10:00 am - 10:45 am Level V-Lifeguard Prep