

NORM WAITT SR. YMCA SWIMMING LESSONS

Swimming Lesson FAQs & Guidelines



What are the levels for swimming lessons?

We are offering Aqua Tots (Parent / Child) lessons and four levels of Youth Swim lessons. Children ages 6 months - 3 years can participate in Aqua Tots (along with a parent). Youth Swim Lessons are for ages 4 and up.

How long is each lesson? How many weeks is each session?

Each session offers 4 lessons over the course of four Saturdays mornings. Aqua Tots will meet from either 11:00 - 11:30 or 11:30 AM - 12:00 PM. Swim 101 will meet from either 8:00 - 8:30 or 8:30 - 9:00 AM. Swim 201 will meet from either 9:00 - 9:30 or 9:30 - 10:00 AM. Swim 301 will meet from 10:00 - 10:45 AM and Swim 401 will meet from 10:00 - 10:45 AM.

What are the fees associated with swim lessons? When is registration?

Aqua Tots: Member price is \$20, while Non-Members will pay \$25 per session.

Youth Lessons: Member price is \$25, while Non-Members will pay \$35 per session.

Registrations will be taken until the day prior to the start of the session, if space remains in the class. Register online or anytime during business hours at the Y.

Are swimming lessons pass / fail?

No. Children advance to the next level only when they are ready and able to proficiently and safely meet the requirements of that level. Children learn and progress at their own rate, so it is not unusual for some children to stay in the same level as they grow in order to develop their skills.

Note- Make up classes are **not** scheduled in the event of illness or occurrence that is not within the control of the Norm Waitt Sr. YMCA.

AQUA TOTS

What is Aqua Tots?

Parents will swim with their children ages 6 months to 3 years old in this exciting introduction to aquatic adventures. The intent of this class is to provide parents with water safety information as well as an opportunity to create life long memories with their children. No previous swimming background necessary. (If children are still in diapers, make sure to use a swim diaper for class.)

SWIM 101

What is Swim 101?

Swim 101 will focus on comfort in the water, beginners swim skills, pool rules and water safety. Successful participants will become confident and enjoy being in water.

What are the registration guidelines for Swim 101? Pre-requirements?

This class is for any first time swimmers age 4, 5 or 6. No previous experience or swimming skills necessary. Six year old first time swimmers may enter either Swim 101 or 201 depending on their parent's preference. Six year olds who are not yet comfortable with the water should start with 101, while more comfortable six year olds will thrive in 201.

What are graduation requirements for Swim 101?

- *Jump into the pool (3 feet) unassisted
- *Front float unassisted
- *Back float with a noodle
- *Full submersion
- *Flutter kick with kickboard for 40 feet
- *Retrieve object from bottom of pool at 3 foot depth

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SWIM 201

What is Swim 201?

Swim 201 is an introductory class focusing on building coordination and the mechanics of swimming such as rotary breathing and flutter kicking, along with learning pool safety and pool rules.

What are the registration guidelines for level 201? Pre-requirements?

This class is for recent graduates of Swim 101 or 6 – 8 year old first time swimmers that have no previous swimming experience. Six year old first time swimmers may enter either 101 or 201, depending on their parent's preference. Six year olds who are not yet comfortable in the water should start with 101, while more comfortable 6 year olds will thrive in 201.

What are graduation requirements for Swim 201?

*25 yards of elementary backstroke *Swim 25 yards with kickboard *Retrieve object from bottom of pool at 4 foot depth *Back float unassisted *Jump into pool (4 feet) unassisted

SWIM 301

What is Swim 301?

Swim 301 will focus on building upon skills from previous lessons. Pool safety and pool rules will be incorporated into each lesson. 301 will also focus on an introduction to first aid needs.

What are the registration guidelines for level 301? Pre-requirements?

Recent graduates of Swim 201 **or** swimmers age 6 and up who are able to:

- Float on their front and back unassisted
- Retrieve object from 4 foot depth
- Flutter kick with kickboard 25 yards
- Swim 25 yards of elementary backstroke

What are graduation requirements for Swim 301?

*50 yards of elementary backstroke *25 yards of front crawl *Intro to dolphin kick
*Retrieve object from bottom of pool at 5 foot depth *Tread water for 3 minutes *Intro to breaststroke and backstroke

SWIM 401

What is Swim 401?

Swim 401 will focus on building stroke efficiency and distance swimming. Swim 401 is an introduction to not only fitness swimming but serves as a great introduction for kids interested in joining a swim team. As with every lesson at the Y, pool safety and pool rules will be incorporated into each lesson. 401 will also focus on an introduction to CPR.

What are the registration guidelines for level 401? Pre-requirements?

Recent graduates of Swim 301 **or** swimmers age 6 and up who are able to:

- Swim 50 yards of elementary backstroke
- Swim 25 yards of front crawl
- Retrieve object from 5 foot depth
- Tread water for 3 minutes
- Familiar with breaststroke & backstroke
- Dive from the wall

What are graduation requirements for Swim 401?

*75 yards of elementary backstroke *50 yards of front crawl *25 yards breaststroke and backstroke *Retrieve object from bottom of pool at 6 foot depth *Tread water for 5 minutes
*Intro to sidestroke