



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORM WAITT SR. YMCA SWIM LESSONS —WINTER 2

YMCA GROUP SWIMMING LESSONS:

The goal of the Norm Waitt Sr. YMCA Swim Program is to build strong and confident swimmers. There are a total of 6 stages offered for students to progress through in our swim lesson program. Stages 1-3 are SWIM BASICS. Stages 4-6 are SWIM STROKES.

All youth Ages 3 years old—17 years old are able to sign up. Classes are divided by age group.

Cost: \$50.00 Members \$65.00 Non Members

SWIM STARTERS

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

- Swim, float, swim—Sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

Winter 2: Tuesdays & Thursdays February 5th—February 28th.

STAGE 1

WATER ACCLIMATION 4:45PM-5:15PM

Increases comfort with underwater exploration and introduces basic self rescue skills performed with assistance. Prerequisites: Toilet trained.

STAGE 2

WATER MOVEMENT: 5:20PM-5:50PM

Encourages forward movement in the water and basic self-rescue skills are performed independently.. Prerequisites: Stage 1 skills.

STAGE 3

WATER STAMINA: 5:55PM-6:25PM

Develops intermediate self-rescue skills performed at longer distances than previous stages. Prerequisites: Stage 2 Skills.

**TURN THIS PAGE OVER TO SEE
SWIM STROKES: STAGES 4, 5 & 6**





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SWIM STROKES

Having Mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic diseases, increase social-emotional well-being, and foster a lifetime of physical activity.

Winter 2: Saturdays February 2nd– February 23rd.

STAGE 4

STROKE INTRODUCTION:

10:45AM-11:30AM

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

STAGE 5

STROKE DEVELOPMENT:

10:45AM-11:30AM

Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

STAGE 6

STROKE MECHANICS:

10:45AM-11:30AM

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.



QUESTIONS?

Email our Aquatics Director, Cailee Conlon, at cconlon@nwsymca.org.