



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORM WAITT SR. YMCA SWIM LESSONS —WINTER 2

SAFETY AROUND THE WATER

Safety Around Water is a good first step to get children familiar and armed with the necessary skills to be safe in and around the water. Swimmers will develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learn how to swim to safety and exit if they were to fall into a body of water.

SAW BEGINNER

BEGINNER: Students should start with this class if they have never been exposed to the water or have a fear of the water.

These students will learn how to enter and exit the water safely. Floats and bobs are introduced.

Saturdays 8:30AM-9:10AM

SAW INTERMEDIATE

INTERMEDIATE: Students should register for this class if they have been exposed to the water and are starting to learn how to float, glide and move forward in the water.

Looking at objects under the water and treading water are introduced.

Saturdays 9:15AM-9:55AM

SAW ADVANCED

ADVANCED: Students should sign up for this class if they can make forward movement on their front and back in the water, tread water, and need to build more stamina to swim longer distances.

Swimming on the front and back, treading water for longer periods of time and retrieving objects under the water are introduced.

Saturdays 10:00AM-10:40AM



SAFETY AROUND THE WATER

**Winter 2 Class Dates:
February 2nd—23rd**

COST:

\$25.00 Members

\$35.00 Program Participants

All youth Ages 3 years old—17 years old are able to sign up.

Classes are divided by preschoolers and school aged youth.

QUESTIONS?

Please email Aquatics Director, Cailee Conlon, with any questions at cconlon@nwsymca.org.