



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

## Swim Lesson Schedule | August 2017



### YMCA of The Palm Beaches

Every day children learn the basics of swimming at the Y or enhance their existing skills with our swim lesson program that turns beginners into experts! The **YMCA OF THE PALM BEACHES** (2085 South Congress Avenue West Palm Beach, FL 33406 | ph.561.968.9622.) ensures that all lessons have a low instructor-to-student ratio that will make sure your child gets plenty of personal attention. With our wide selection of classes and schedules you will be sure to find a lesson that fits your child's needs and your schedule.

**START DATE:** August 7<sup>th</sup>, 2017    August 8<sup>th</sup>, 2017    August 12<sup>th</sup>, 2017  
**END DATE:** August 30<sup>th</sup>, 2017    August 31<sup>st</sup>, 2017    September 2<sup>nd</sup>, 2017

TEEN/ADULT (13 and Up)	Stages	Mon & Wed (4 Week)	Tues & Thur (4 Week)	Saturday (4 Week)	Member (8 lessons)	Participant (8 lessons)
	ALL LEVELS	6:15-7:00 PM	6:15-7:00 PM	12:00-12:45 PM	\$60	\$95

PARENT/CHILD (6 months-3 year)	Stages	Mon & Wed (4 Week)	Tues & Thur (4 Week)	Saturday (4 Week)	Member (4 lessons)	Participant (4 lessons)
	A/ WATER DISCOVERY			10:10-10:40 AM 10:45-11:15 AM	\$35	\$65
	B/ WATER EXPLORATION			9:35-10:05 AM	\$35	\$65

PRESCHOOL (3-5 years)	Stages	Mon & Wed (4 Week)	Tues & Thur (4 Week)	Saturday (4 Week)	Member (8 lessons)	Participant (8 lessons)
	1/ WATER ACCLIMATION	4:00 – 4:30 PM 5:10 – 5:40 PM 5:45 – 6:15 PM	4:00 – 4:30 PM 4:35 – 5:05 PM	9:00 – 9:30 AM 10:10 – 10:40 AM	\$60	\$95
	2/ WATER MOVEMENT	4:00 – 4:30 PM 4:35 – 5:05 PM 5:45- 6:15 PM	4:00 – 4:30 PM 5:10– 5:40 PM	9:00 – 9:30 AM 10:45 -11:15 AM	\$60	\$95
	3/ WATER STAMINA	4:35 – 5:05 PM	5:10 – 5:40 PM	9:00 – 9:30 AM 9:35-10:05 AM	\$60	\$95
	4/ STROKE INTRODUCTION	5:10 – 5:40 PM	4:35 – 5:05 PM	11:20 – 11:50 AM	\$60	\$95

SCHOOLAGE (6-12 years)	Stages	Mon & Wed (4 Week)	Tues & Thur (4 Week)	Saturday (4 Week)	Member (8 lessons)	Participant (8 lessons)
	1/ WATER ACCLIMATION	4:00 – 4:45 PM 5:30 – 6:15 PM	5:30 – 6:15 PM	9:00 – 9:45 AM	\$60	\$95
	2/ WATER MOVEMENT	4:00 – 4:45 PM	4:00 – 4:45 PM 5:30 – 6:15 PM	9:45 – 10:30AM 11:15-12:00 PM	\$60	\$95
	3/ WATER STAMINA	5:30 – 6:15 PM	4:45 – 5:30 PM	10:30 – 11:15AM 12:00-12:45 PM	\$60	\$95
	4/ STROKE INTRODUCTION	4:45 – 5:30 PM	4:00 – 4:45 PM	10:30 – 11:15AM 12:00-12:45 PM	\$60	\$95
	5/ STROKE DEVELOPMENT	4:45 – 5:30 PM	4:45-5:30 PM	11:15-12:00 PM	\$60	\$95
	6/ STROKE MECHANICS		5:45-6:30 PM	9:45-10:30 AM	\$60	\$95
TEAM YMCA	6:15-7:15 PM	6:15-7:15 PM		\$ 45	\$ 95	

# STAGE DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences while parents learn about water safety, drowning prevention, and the importance of supervision.

## A/ WATER DISCOVERY

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

## B/ WATER EXPLORATION

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

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.

## 1/ WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future to progress in swimming.

## 2/ WATER MOVEMENT

In Stage 2, students will focus on body position and control, directional changes, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

## 3 / WATER STAMINA

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

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

## 4 / STROKE INTRODUCTION

Students in Stage 4 develop stroke techniques in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary breaststroke.

## 5 / STROKE DEVELOPMENT

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

## 6/STROKE MECHANICS

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

