



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFE IS FULL OF LESSONS

WINTER SWIM LESSONS Aberdeen Family YMCA

TUESDAY & THURSDAY EVENING LESSONS 4 WEEK, 8 LESSON SESSIONS

Session 1: January 10 - February 2
Session 2: February 14 - March 8
Session 3: March 20 - April 12

TUESDAY & THURSDAY EVENING LESSONS CLASS TIMES

4:30 - 5:15pm: Polliwog, Guppy, Flying Fish, Shark
5:20 - 5:50pm: Pike, Eel, Ray, Starfish
5:55 - 6:25pm: Pike, Eel, Ray, Starfish
6:30 - 7:15pm: Polliwog, Guppy, Fish, Minnow

SATURDAY MORNING LESSONS 6 WEEK, 6 LESSON SESSIONS

Session 1: January 14 - February 18
Session 2: February 25 - March 31

SATURDAY MORNING LESSONS CLASS TIMES

9:25 - 9:55am: Pike, Eel, Ray
10:00 - 10:45am: Polliwog, Guppy, Minnow
10:50 - 11:35am: Fish, Flying Fish, Shark

COST

Tuesday & Thursday Evening Lessons
Family Member: \$30
Y Member: \$35
Non-Member: \$65

Saturday Morning Lessons
Family Member: \$25
Y Member: \$30
Non-Member: \$55

REGISTRATION DETAILS

Session 1: Registration begins December 19
Session 2: Registration begins January 23
Session 3: Registration begins February 28

To get registered stop in at Member Services or
REGISTER ONLINE AT www.aberdeenyumca.org

NOW OFFERING...

**THE NATIONALLY RECOGNIZED YMCA SWIM LESSON PROGRAM
WITH CERTIFIED & EXPERIENCED INSTRUCTORS!**

ABERDEEN FAMILY Y

5 South State Street
Aberdeen, SD 57401
P: (605) 225-4910

visit www.aberdeenyumca.org



WELCOME TO YMCA SWIM LESSONS. PRESCHOOL LESSONS LET US INTRODUCE OURSELVES. (ages 3-5)

I am thrilled to present to you our new YMCA Swim Lesson program! Our staff has been working hard to improve and cultivate our swim lesson program. And here it is! Our new program will inspire your little swimmers to meet goals, take challenges, and grow in confidence and self-assurance.

Our five areas of focus for YMCA Swim Lessons are Personal Safety, Personal Growth, Stroke Development, Rescue and Water Sports & Games. We hope to encourage our youth to grow in character development by practicing our values of caring, honesty, respect and responsibility.

You may see that the names of our levels have changed. If you need assistance in the placement of your child in YMCA Swim Lessons, please don't hesitate to contact us! We look forward to your family participating in this program!

Sincerely,



Ashley Eibers
Aquatics Director
Aberdeen Family YMCA
aelbers@aberdeenymca.org



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PIKE- Beginning Swimmer (Preschool 1)

Little swimmers develop safe pool habits, adjust to the water, and basic paddle stroke. To progress, child must feel comfortable holding face in water while blowing bubbles, and must be able to float on their back.

EEL (Preschool 2)

Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool without assistance with their face in the water.

RAY (Preschool 3)

Child can swim independently without a floatation device.

STARFISH

Child improves stroke skills, builds endurance, and treads water. Child can swim on their front and back without assistance.

YOUTH LESSONS (ages 6-14)

POLLIWOG - Beginner (Level 1)

Students become acquainted with the water, floatation devices, and pool. Students will learn paddle stroke, side and back paddle. To move to the next level they will need to swim across the pool without assistance with their face in the water.

GUPPY (Level 2)

Students are introduced to lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. Before moving on students must swim the length of the pool without assistance.

MINNOW (Level 3)

Students further refine the lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. To move to the next level they need to be comfortable swimming all strokes 25 yards.

FISH (Level 4)

Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and side stroke with turns. They are introduced to butterfly stroke. To advance, students must be able to swim all strokes 50 yards without stopping.

FLYING FISH (Level 5)

Perform the front crawl, back stroke, elementary backstroke, sidestroke, & breast-stroke; to advance student needs tread water for three minutes with combination kicks plus swim all strokes 100 yards.

SHARK (Level 6)

Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in boating, safety, and rescues. Perform front crawl, breaststroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.