



Questions:
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SWIM LESSONS

Register with Member Services or
 Online at: aberdeenymca.org

*Registration ends 5 days prior to the first day of class.
 * W=Winter *S= Spring

All preschool classes require 1 parent in water with child.

Session 1 (W): Jan. 4th– Jan. 20th
Session 2 (W): Feb. 1st– Feb. 17th
Session 1 (S): March 15th– March 31st
Session 2 (S): April 12th–April 28th
Session 3 (S): May 3rd – May 19th

Monday & Wednesday Classes (3 weeks, 6 lessons)
5:30 P.M. – 6:00 P.M. **6:10 P.M. – 6:40 P.M.**
 Water Babies Aqua Tots

Monday & Wednesday Session Cost:
YMCA Household Member: \$30 YMCA Youth Member: \$40 Non-Member: \$60

Session 1 (W): Jan. 5th– Jan. 28th
Session 2 (W): Feb. 9th– Mar. 4th
Session 1 (S): March 23rd– April 15th
Session 2 (S): April 27th–May 20th

Tuesday & Thursday Classes (4 weeks, 8 lessons)
4:40 P.M. – 5:20 P.M. **5:30 P.M. – 6:10 P.M.** **6:20 P.M. – 7:00 P.M.**
 Preschool Water Exploration Preschool Water Exploration Preschool 1
 Preschool 1 Preschool 1 Preschool 2
 Preschool 2 Preschool 2 Youth 2
 Youth 1 Youth 3

Tuesday & Thursday Session Cost:
YMCA Household Member: \$35 YMCA Youth Member: \$45 Non-Member: \$70

Session 1 (W): Jan. 23rd – Feb. 27th
Session 1 (S): March 27th– May 8th
 *No class April 3rd

9:00 A.M. – 9:40 A.M.
 Preschool Water Exploration
 Preschool 1
 Preschool 2

9:50 A.M. – 10:30 A.M.
 Preschool 1
 Preschool 2
 Youth 1
 Youth 2

10:40 A.M. – 11:20 A.M.
 Preschool Water Exploration
 Preschool 1
 Youth 3
 Youth 4

11:30 A.M. – 12:10 P.M.
 Preschool 1
 Preschool 2
 Youth 5
 Youth 6

Weekend Session Cost:
YMCA Household Member: \$30 YMCA Youth Member: \$40 Non-Member: \$60

Session 1(W): Jan. 24th– Feb. 28th
Session 1(S): March 28th– May 9th
 *No class April 4th

12:30 P.M. – 1:10 P.M.
 Preschool Water Exploration
 Preschool 1
 Youth 3
 Youth 4

Sunday Classes (6 weeks, 6 lessons)
1:20 P.M. – 2:00 P.M.
 Preschool 1
 Preschool 2
 Youth 1
 Youth 2

Swim Level Guide

Water Babies (6-18mo.)

Parents and babies will explore introductory swim skills, basic swimming strokes and water safety. Parents will experience swimming with their student as well as be introduced to lifejackets. An instructor led class where parents learn to positively interact with their child in the water through swimming skill development and water play.

Safety Topic: submersion - 1-2x per week

Aqua Tots (18mo.-3 years)

Parents and Tots will explore introductory swim skills, basic swimming strokes and water safety. Parents will experience swimming with their student as well as be introduced to lifejackets. An instructor led class where parents learn to positively interact with their child in the water through swimming skill development and water play.

Safety Topic: ask permission

Preschool Water Exploration

Goals: safe entries/exits, submersion, roll from front to back independently, blowing bubbles, and basic swim strokes. All skills will be taught and completed with assistance.

Safety Topic: ask permission, adult supervision, never swim alone, learn how 911 works and why

Preschool Level 1

Prerequisite Skills: complete Preschool Water Exploration

Goals: safe entries/exits, blowing bubbles, submersion, front and back floats, roll from front to back, introduction to deep water, and basic swim strokes

Safety Topics: asking permission, adult supervision, never swim alone, and getting an adult for help

Preschool Level 2

Prerequisite Skills: comfortable in water, submerge full face, and float on front and back

Review: blowing bubbles, floating, basic swim strokes

Goals: in water recovery from floats and swimming, introduction to freestyle with rotary breathing, backstroke, elementary backstroke arms, and sitting/kneeling dives

Safety Topics: asking permission, adult supervision, never swim alone, getting an adult for help and calling 911

Youth Level 1

Goals: safe entries/exits, blowing bubbles, submersion, front and back floats, roll from front to back, introduction to deep water, and basic swim strokes

Safety Topics: asking permission, adult supervision, never swim alone, and getting an adult for help

Youth Level 2

Prerequisite Skills: comfortable in water, submerge full face, and float on front and back

Review: blowing bubbles, floating, basic swim strokes

Goals: in water recovery from floats and swimming, introduction to freestyle with rotary breathing, backstroke, elementary backstroke arms, and sitting/kneeling dives

Safety Topics: asking permission, adult supervision, never swim

Youth Level 3

Prerequisites: comfortable in the water, front and back floats, elementary backstroke arms, introduced to deep water

Review: freestyle with rotary breathing, backstroke, elementary backstroke arms, and diving

Goals: swimming without flotation devices, freestyle, backstroke, whip kick, elementary backstroke, flip turns, treading water, and sitting/kneeling/standing dives

Safety Topic: asking permission, adult supervision, never swim alone, life jacket safety, boating, nutrition

Youth Level 4

Prerequisites: swim freestyle and backstroke for 15 yards, swim underwater, tread water and diving

Review: freestyle, backstroke, whip kick, elementary backstroke, and flip turns

Goals: swim 25 yards continuously, feet first surface dives, breaststroke, dolphin kick, butterfly arms, butterfly stroke as well as refine freestyle, backstroke, elementary backstroke, and kneeling/standing dives

Safety Topic: asking permission, adult supervision, never swim alone, and entry in unknown depths, and boating

Youth Level 5

Prerequisites: swim 25 yards continuously, freestyle, backstroke, breaststroke, jumping into deep water, and tread water for 1 minute

Review: all strokes and turns for each, diving

Goals: endurance, swim continuously for 50 yards, butterfly, head first surface dives, tread water for 2 minutes, introduction to side stroke, and long, shallow standing dives

Safety Topics: asking permission, adult supervision, buddy system/never swim alone, entry into unknown depths, boating

Youth Level 6

Prerequisites: swim all strokes continuously, retrieve object 10ft underwater, and tread water for 2 minutes

Review: freestyle, backstroke, breaststroke, butterfly, elementary backstroke, side stroke, proper turns for each stroke and long, shallow standing dives

Goals: swim 100 yards continuously, stroke refinement with streamline, endurance, diving from starting blocks (optional)

Safety Topics: asking permission, adult supervision, never swim alone, entry into unknown depths, boating, and nutrition