



BUILDING STRONG SWIMMERS AND CONFIDENT KIDS

SALLY'S YMCA JUNE

JUNE CLASSES: June 4--June 27

MON - THURS CLASSES: June 3 - June 13 June 17--June 27

SATURDAY CLASSES: June 1-July 27



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

PARENT/CHILD (6 months-3 year)	Stages	Mon/Wed	Tues/Thur	Saturday	Member	Participant
	SWIM STARTERS A Water Discovery				10:15a-10:45a	\$115
SWIM STARTERS B Water Exploration				10:50a-11:30a	\$115	\$160

PRESCHOOL (3-5 years)	Stages	Mo/Tu/We/Th	Tues/Thur	Saturday	Member	Participant	
	SWIM BASICS 1 Water Acclimation	9:50a-10:20a 4:00p-4:30p			10:15a-10:45a	\$115	\$160
	SWIM BASICS 2 Water Movement	9:50a-10:20a 4:00p-4:30p			10:15a-10:45a	\$115	\$160
	SWIM BASICS 3 Water Stamina	9:50a-10:20a 4:00p-4:30p			10:15a-10:45a	\$115	\$160
SWIM STROKES 4 Stroke Introduction					\$115	\$160	

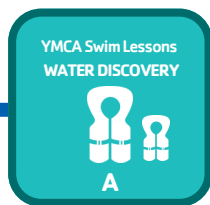
SCHOOLAGE (6-12 years)	Stages	Mo/Tu/We/Th	Tues/Thur	Saturday	Member	Participant	
	SWIM BASICS 1 Water Acclimation	9:00a-9:40a 4:40p-5:20p			11:00a-11:40a	\$115	\$160
	SWIM BASICS 2 Water Movement	9:00a-9:40a 4:40p-5:20p			11:00a-11:40a	\$115	\$160
	SWIM BASICS 3 Water Stamina	9:00a-9:40a 4:40p-5:20p			11:50a-12:30p	\$115	\$160
	SWIM STROKES 4				11:50a-12:30p	\$115	\$160

TEAM PREP	SWIM TEAM	5:30p-6:10p (10 and Under)			\$140	\$185
	Mon \ Wed 5/15-6/25	6:15p-7:00p (10 and up)				

*Prices are based on 8 Lesson Session.

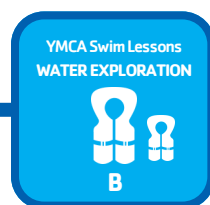


STAGE DESCRIPTIONS



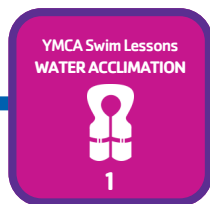
A / WATER DISCOVERY

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages



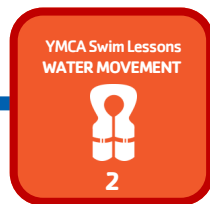
B / WATER EXPLORATION

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



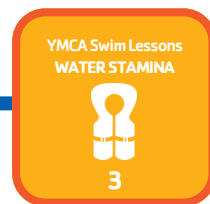
1 / WATER ACCLIMATION

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



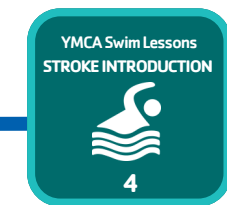
2 / WATER MOVEMENT

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



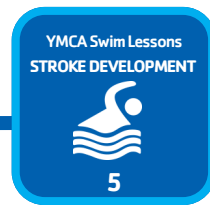
3 / WATER STAMINA

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



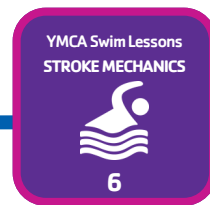
4 / STROKE INTRODUCTION

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



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

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

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,

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

HAVE MORE QUESTIONS?

Our Member Services Desk Staff are available to answer any questions about our swim lesson program.