

# LESSONS FOR LIFE

## Group Swim Lessons – Fall 2017

SOUTHEAST FAMILY YMCA  
 1000 Weatherly Road  
 Huntsville, AL 35803  
 256.883.9622  
[www.ymcahuntsville.org](http://www.ymcahuntsville.org)



## Program Overview

### SWIM STARTERS

Parent\* & child lessons

### SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

Preschool/  
School Age/  
Teen & Adult

### SWIM STROKES

Skills to support a healthy lifestyle

School Age/  
Teen & Adult

#### A Water Discovery



Introduces infants and toddlers to the aquatic environment

#### B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

#### 1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

#### 2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

#### 3 Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

#### 4 Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

#### 5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

#### 6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

#### Outcomes

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.

#### Outcomes





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

#### Outcomes

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.

\*\* Parent/Guardian must be in the water with child for Infant/Toddler class  
 \*\* Swim Diapers are required for all children not potty trained. Swim Diapers are available for \$1 at the front desk  
 \*\* All children must have a parent/guardian on the pool deck during duration of swim lessons, unless registered in a YMCA program

		<b>INFANT/TODDLER</b> <b>30 minute class</b> 	<b>PRESCHOOL (ages 3-5)</b> <b>30 minute class</b> 	<b>SCHOOL AGE (ages 6-12)</b> <b>40 minute class</b> 	<b>TEEN &amp; ADULT (13 &amp; up)</b> <b>40 minute class</b> 
August 7 – August 30	Mon/Wed		4pm	4:45pm	
August 8 – August 31	Tues/Thurs	9AM	9:45AM, 4PM, 4:45PM, 5:30PM	4PM, 4:45PM, 5:30PM	6:30PM
August 19 – Oct. 7	Saturday	9AM	8AM, 9:30AM	8AM, 10:15AM	
Sept. 6 – Sept. 27 *No class 9/4, makeup is 9/8	Mon/Wed		4pm	4:45pm	
Sept. 5 – Sept. 28	Tues/Thurs	9AM	9:45AM, 4PM, 4:45PM, 5:30PM	4PM, 4:45PM, 5:30PM	6:30PM
Oct. 9 – Nov. 1	Mon/Wed		4pm	4:45pm	
Oct. 10 – Nov. 2	Tues/Thurs	9AM	9:45AM, 4PM, 4:45PM, 5:30PM	4PM, 4:45PM, 5:30PM	6:30PM
Oct. 14 – Dec. 7 **No class 11/25	Saturday	9AM	8AM, 9:30AM	8AM, 10:15AM	
Nov. 6 – Dec. 6 **No class 11/20 & 11/22	Mon/Wed		4pm	4:45pm	
Nov. 7 – Dec. 7 **No class 11/21 & 11/23	Tues/Thurs	9AM	9:45AM, 4PM, 4:45PM, 5:30PM	4PM, 4:45PM, 5:30PM	6:30PM
<b>Holiday Express</b> Dec. 11 <sup>th</sup> -Dec. 14 <sup>th</sup>	Mon, Tues, Wed, Thurs		4PM	4:45PM	

**For more information, contact:**  
 Rachel Marshall  
 256.883.9622 Ext.126  
 Rachel.marshall@ymcahuntsville.org

**CLASS FEES**

Infant & Toddler	Members: \$40	Community: \$70
Preschool, School-Age and Teen & Adult	Members: \$55	Community: \$95

\*\* All participants will be divided into stages on the first day of class  
 \*\* Cancellations 7 days or less before class start date are not eligible for a refund  
 \*\* If classes become full, there is a waitlist. We will open up lessons as much as possible and will contact those on the waitlist in the order in which they register.