



YMCA Swim Academy

NOVEMBER SESSION*:

T/TH: Nov 7-Dec 7

SAT: Nov 4-Dec 2

DECEMBER SESSION:

T/TH: No session

SAT: Dec 9-Dec 30

* no lessons week of Thanksgiving

PRICING:

Tuesday/Thursday: Member: \$80 Non-member: \$120

Saturday: Member: \$40 Non-member: \$60

For more information,
contact the Lawton Family
YMCA Membership Desk.

Tuesday/Thursday Evening Classes:

5:15-5:55 pm	Water Acclimation (3-5yrs old)
6:00-6:40 pm	Water Acclimation (6-12yrs old)
6:45-7:25 pm	Water Movement/Stamina (3-12 yrs old)

Saturday Morning Classes:

8:50-9:30 am	Water Acclimation (3-5 yrs old)
9:40-10:20 am	Water Acclimation (6-12 yrs old)
10:30-11:10 am	Water Movement/Stamina (3-5 yrs old)
11:20-12:00 pm	Water Movement/Stamina (6-12 yrs old)
12:10-12:40 pm	Parent/Child (6-36 months)



Swim Academy Descriptions

Parent/Child (6–36 months):

Classes are designed to allow the child to have fun in the water while the parent guides him/her to learn aquatic skills and safety. The skills that are focused on range from water orientation and exploration to children moving independently through the water under their parent's guidance. **Parent, guardian or parent approved adult must participate in the pool.** The instructor will guide parents/children to work on skills that will lead to children independently swimming. Must wear "Swimming Diapers" (water proof)

Water Acclimation–Stamina are further divided into 3–5 and 6–12 years old.

Water Acclimation (3–12 years old):

In this beginning class, children develop comfort with being underwater and learn how float on their back & stomach. Qualifications: None!

Water Movement (3–12 years old):

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water. Qualifications: (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, or no assistance (3) able to jump in the pool, submerge & return to the wall with assistance.

Water Stamina (3–12 years old):

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety. Qualifications: (1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

Stroke Introduction (6–12 years old):

In this class, children are introduced to basic swimming strokes. Qualifications: (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds (5) able to swim to wall & exit.

Stroke Development (6–12 years old):

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

Qualifications: (1) able to front crawl & back crawl 25 yards, (2) able to swim breaststroke kick and dolphin kick 15 yards (3) able to tread water using multiple kicks for 1 minute.

To register, please visit our membership services desk or our website.