

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET 1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET 2 / WATER MOVEMENT

Can the student swim 10-15 yards on his or her front and back?

NOT YET 3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET 4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET 5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET 6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

ADD WATER FOR INSTANT FUN

Group Swim Lessons
Pre-School & Youth
TEXAS COUNTY FAMILY YMCA



GROUP LESSONS:

Pre-School Swim Lessons - (ages 3-5 years)

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
- Stage 1:** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
- Stage 2:** Encourages forward movement in water and basic self-rescue skills performed independently
- Stage 3:** Develops intermediate self-rescue skills performed at longer distances than in previous stages
- Stage 4:** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

Youth Swim Lessons - (ages 6-12 years)

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
- Having mastered the fundamentals, students will 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.
- Stage 1:** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
- Stage 2:** Encourages forward movement in water and basic self-rescue skills performed independently
- Stage 3:** Develops intermediate self-rescue skills performed at longer distances than in previous stages
- Stage 4:** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke
- Stage 5:** Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke
- Stage 6:** Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

REGISTRATION FEES PER SESSION:

Y Members - \$30.00

Non-Members - \$50.00

Session Dates:

Tuesdays and Thursdays

5:45-6:30pm

Session 1

January 8th—
January 31st

Session 2

February 2nd—
February 28th

Pre-School Youth

**** Please note, there are not swim lessons March 15th or 17th for Spring Break.**

REGISTRATION FORM:

_____		Gender:	Male	Female	_____
Name					DOB

Address					

_____	_____	_____	_____	_____	_____
City	St.	Zip	Home Phone		

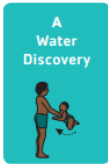

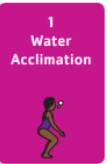
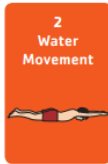

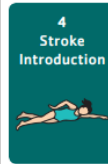

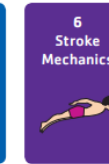
Cell Phone	Email				

WAIVER:

I am an adult over 18 years of age and wish to participate in this Texas County Family YMCA activity. In addition, I give my children permission to participate in this Texas County Family YMCA activity. In exchange for the Y allowing me to participate in Y activities, I will expressly acknowledge that I release the Texas County Family YMCA and its staff members from all liability for injury, loss or damage connected in any way whatsoever to my (or my child's) participation in Y activities, whether on or off Y premises. I understand that this release will include any claims based on negligence, action or inaction of Texas County Family YMCA, its staff, directors, and guests. I have read and I am voluntarily signing this authorization and release. I understand that the Texas County Family YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the Y facilities or are on Y premises. I give my permission to the Texas County Family YCMA to use limitation and obligation, photographs, film footage, or tape recordings which may include my image or voice for purposes of promoting or interpreting Y programs.

Signature: _____ Date: _____

If you have questions, or for more information, contact Texas County Family YMCA at 580-468-9622.

SWIM STARTERS		SWIM BASICS (Safety Around Water)			SWIM STROKES		
Parent* & child lessons		Recommended skills for all to have around water			Skills to support a healthy lifestyle		
 <p>A Water Discovery</p>	 <p>B Water Exploration</p>	 <p>1 Water Acclimation</p>	 <p>2 Water Movement</p>	 <p>3 Water Stamina</p>	 <p>4 Stroke Introduction</p>	 <p>5 Stroke Development</p>	 <p>6 Stroke Mechanics</p>
Introduces infants and toddlers to the aquatic environment	Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle