

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

2019 SUMMER
 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 preformed 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 preformed independently

Stage 3: Develops intermediate self-rescue skills performed at longer distances than in previous stages

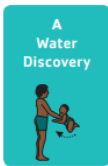
Stage 4: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

Stage 5: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

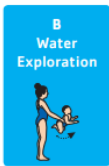
Stage 6: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

SWIM STARTERS

Parent* & child lessons



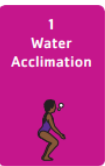
Introduces infants and toddlers to the aquatic environment



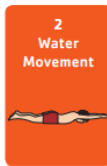
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water



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

SWIM STROKES

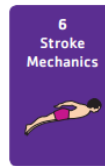
Skills to support a healthy lifestyle



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

REGISTRATION FEES PER SESSION:

Y Members - \$30.00

Non-Members - \$50.00

SESSION DATES:

Monday-Thursday

11:00am-11:45am

Session 1

June 3rd—

June 13th

Session 2

June 17th—

June 27th

Session 3

July 8th—

July 18th

Session 4

July 22nd—

August 1st

Pre-School Swim Lessons

Youth Swim Lessons

REGISTRATION FORM:

Name _____ Gender: Male Female _____
DOB _____

Address _____

City _____ St. _____ Zip _____ Home Phone _____

Emergency Contact _____ Emergency Phone Number _____ 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.