

# AQUATICS

Welcome to our Winter – Spring Session of the YMCA's Aquatic Programs

Swim lessons provide important life skills that can save lives and benefit you for a lifetime.



## PRIVATE SWIM LESSONS

Private or semi-private swim lessons allow the participant to work at a personalized level to achieve swim goals and are a good way to help swimmers focus on a particular skill or to help overcome a fear of the water. **To schedule semi- and private lessons, stop by the Welcome Desk or contact Aquatic Coordinator at 262.898.4559.**

### PRIVATE SWIM LESSONS

1:1 ratio. Instructor will teach 1 swimmer for 30 minutes per lesson  
3 lessons: \$65 Members/\$90 General Public  
6 lessons: \$110 Members/\$140 General Public

### SEMI-PRIVATE SWIM LESSONS

2:1 ratio. Instructor will teach 2 swimmers for 30 minutes per lesson  
6 lessons: \$80 Members/\$110 General Public

## HOMESCHOOL SWIM

Homeschool children, ages 3-12 will learn the basics of swimming, or improve upon the techniques they have already developed.

Preschool Tuesday 2:00pm  
Youth Tuesday 2:40pm



## SEA SWIM TEAM

The next step in your child's swim career. Swimmers refine their strokes, learn how to Compete and learn how to be a team player. SEA-Y is also dedicated to teaching kids good sportsmanship and fair competition.



## SWIM TEAM SPRING TRYOUTS

For more info call Coach Neil at 262.994.3157 or visit the team's website at [www.sea-y.org](http://www.sea-y.org)



# AQUATIC PROGRAMS

If there are fewer than three children registered, class can be held only if the participants are willing to pay the semi-private fee. Whenever possible, classes will be combined to accommodate your preferred schedule. Students must have swim teacher's approval to move up to the next level. Classes are not pro-rated. Swim class make-ups are for medical reasons only.

## 5 Week Session (1x per wk)

Winter: January 9 - February 10 Spring: February 20 - March 24

**Member Registration:**  
Wednesday, December 28

**Member Registration:**  
Monday, February 13

**General Public Registration:**  
Friday, December 30

**General Public Registration:**  
Wednesday, February 15

**Members: \$75.00**  
**General Public: \$110.00**

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## PRESCHOOL SWIM LESSONS (Ages 3-5 years)

Location: Instructional and Lap Pools. This program offers children their first experience in the pool without a parent, made possible through a variety of fun activities and games. Classes provide a step-by-step progression of swimming and water safety without the aid of a flotation device, designed to adequately prepare your child for the youth program. Student/Instructor ratio will not exceed 6

## SCHOOL AGE SWIM LESSONS (Ages 6-12 years)

Location: Lap Pool - Children learn the fundamentals of swimming and water safety with increased stroke

development and endurance as levels increase. Classes will not exceed an 8 to 1 student/instructor ratio. All

classes are 45 minutes in length and taught in the Lap Pool. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Stage 1, which has no prerequisite.



**IMMEDIATE OPENINGS FOR LIFEGUARDS!**

**Interested in a job that saves lives?**

**Email our Welcome Desk at [frontdesk@ymcaracine.org](mailto:frontdesk@ymcaracine.org) for an application today!**

# SWIM LESSONS

Provide important life skills that could save a life and benefit you for a lifetime

5 week session: \$75 Members • \$110 General Public



Winter: January 9 – February 10

Spring: February 20 – March 24

Member Registration begins: Wednesday, December 28  
General Public Registration begins: Friday, December 30

Member Registration begins: Monday, February 13  
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Stages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills.

 	Stage A 6-18 mo	5:05-5:35pm			11:15-11:45am	8:15-8:45am
	Stage B 18-36 mo	5:40-6:25pm			11:15-11:45am	8:55-9:25am

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency.

 1	Preschool: 3-5yrs Stage 1P	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:50-6:20pm	4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	5:10-5:40pm 5:50-6:20pm	4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	10:00-10:30am	9:30-10:00am 10:50-11:20am 11:30-12:00pm
	Youth: 6-11yrs Stage 1Y	4:00-4:45pm	4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm		4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm		9:30-10:15am 10:25-11:10am 11:15-12:00pm
 2	Preschool: 3-5yrs Stage 2P	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:50-6:20pm	4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	5:10-5:40pm 5:50-6:20pm	4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	10:00-10:30am	9:30-10:00am 10:50-11:20am 11:30-12:00pm
	Youth: 6-11yrs Stage 2Y	4:00-4:45pm	4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm		4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm		9:30-10:15am 10:25-11:10am 11:15-12:00pm

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.

 3	Preschool: 3-5yrs Stage 3P		5:10-5:40pm		6:30-7:00pm	10:40-11:15am	10:10-10:50am
	Youth: 6-11yrs Stage 3Y	4:50-5:35pm	4:50-5:35pm 6:30-7:15pm		4:00-4:45pm 4:50-5:35pm 5:40-6:25pm		9:30-10:15am 11:15-12:00pm
 4	Preschool: 3-5yrs Stage 4P		5:10-5:40pm		6:30-7:00pm	10:40-11:10am	10:10-10:50am
	Youth: 6-11yrs Stage 4Y	4:50-5:35pm	4:00-4:45pm 4:50-5:35pm 5:40-6:25pm		4:00-4:45pm 4:50-5:35pm 5:40-6:25pm		9:30-10:15am 11:15-12:00pm
 5	Youth: 6-11yrs Stage 5Y		5:40-6:25pm 6:30-7:15pm		4:50-5:35pm 6:30-7:15pm		10:25-11:10am
	Youth: 6-11yrs Stage 6Y		6:30-7:15pm		4:50-5:35pm 6:30-7:15pm		10:25-11:10am

# Stage Descriptions

## 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 prevention and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

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

## 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, grab



### 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 future progress in swimming.



### 2 / WATER MOVEMENT

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 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 arm and leg action.

## 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 physical activity.



### 4 / STROKE INTRODUCTION

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 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 incorporate swimming into a healthy lifestyle.

Contact the Welcome Desk for details on swim lessons at 262.898.4551 or email [frontdesksa@ymcaracine.org](mailto:frontdesksa@ymcaracine.org).

# SAFETY AROUND WATER

## Drowning Prevention Safety Around Water

**Teaching children how to be safe around water is not a luxury—it is a necessity.**

The YMCA's **Safety Around Water** program can help you make sure children learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

### What Is Safety Around Water?

Safety around Water sessions help to reduce the risk of drowning by giving children confidence in and around water. The program is geared for **unintended entries into the water and safety**. Our goal is that if a child falls in, they can swim, float swim, tread, and exit the water. The levels build on skill sequences to enable a child to help save themselves or tread/float long enough for help to arrive.

### A typical Safety Around Water session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

### When do we offer Safety Around Programs?

Spring Break  
1<sup>st</sup> week of summer break



Additional details will be available on our website, [ymcaracine.org](http://ymcaracine.org) Registration will open January 2<sup>nd</sup>

**Thanks to generous community grants and donations,  
we offer financial assistance for this program.**

**WATER SAFETY AND FUN  
FOR EVERYONE**  
**YMCA SAFETY AROUND WATER**

**SAFETY  
AROUND  
WATER**  
A YMCA Initiative

