

AQUATICS

Heather Coleman, Aquatics Coordinator • hcoleman@ymcaracine.org
Katie Schneider • kschneider@ymcaracine.org • 262.898.4559



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



PRE-TEAM SWIM

Interested in swim team, but not sure about the commitment? These pre-swim team lessons are a great place to start! Your child will train with an instructor/coach focusing on the fundamentals of all 4 competitive strokes.



Prerequisites: participants must be able to swim 25 yards of front crawl with rotary breathing, 25 yards of back crawl, and be comfortable in deep water (10 feet)

Day: Thursday Time: 7:00pm

Dates and fees follow the Winter and Spring schedule



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

Monday, April 11, 5:00-6:00pm at the Sealed Air Branch. Stop out any time!

Returning family registration opens **Monday, April 4**

For more info call Coach Neil at 262.994.3157 or visit the team's website at www.sea-y.org

SWIM LESSONS

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

7 week session: \$61 Members • \$89 General Public 8 week session: \$69 Members • \$101 General Public



Spring 1: February 21–April 16 (8 weeks)

Member Registration begins Friday, February 11

General Public Registration begins Friday, February 14

Register by February 16 and receive a \$5 discount!

Winter: January 3–February 19 (7 weeks)

Member Registration begins: Friday, December 10

General Public Registration begins: Friday, December 13

Register by December 20 and receive a \$5 discount

Spring 2: April 25–June 11 (7 weeks)

Member Registration begins: Friday, April 8

General Public Registration begins: Friday, April 11

Register by April 13 and receive a \$5 discount

Stages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

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

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency.

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

SWIM STROKES

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

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

7 WINTER/SPRING I MEMBER REGISTRATION BEGINS DECEMBER 10 • EARLY BIRD REGISTRATION ENDS DECEMBER 15

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.

SC JOHNSON COMMUNITY AQUATIC CENTER

Membership Team • frontdesksa@ymcaracine.org • 262.634.1994



SEE YOU IN 2022!



the Y
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE WORLD IS 71% WATER

YOUR CHILDREN ARE 100% CURIOUS

THE Y HAS BEEN TEACHING KIDS TO SWIM SINCE 1909

And our **NEW Swim Lesson program** is better than ever!

- New curriculum
- More interaction with instructors
- Quicker advancement through the stages

Teach your children water safety and let them explore all of their possibilities.

safety around water family pledge

As a family, we agree to do the following:

- ✓ Always make sure an adult actively watches children around water.
- ✓ Make sure an adult stays within arm's reach of young children in the water.
- ✓ Swim near a lifeguard.
- ✓ Reach or throw, not go, to help a swimmer in trouble.
- ✓ Consider enrolling children in swim lessons to help them stay safe around water.