

# AQUATIC PROGRAMS

Welcome to our Fall Session of the YMCA's Aquatic Programs

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

7 Week Session (1x per wk) 8 week session (1x per wk)

Fall I: September 12–October 24 Fall II: Schedule TBD

REGISTER BY SEPT 1 AND  
RECEIVE \$5 OFF

<b>Member Registration:</b> Wednesday, August 17	<b>Member Registration:</b> TBD
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<b>General Public Registration:</b> Monday, August 22	<b>General Public Registration:</b> TBD
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<b>Members: \$61.00</b> <b>General Public: \$89.00</b>	<b>Members: \$69.00</b> <b>General Public: \$101.00</b>
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No classes Thanksgiving Day, Thursday, November 24

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.

## PARENT/TODDLER LESSONS (Ages 6–36 months)

introductory swimming skills and safety precautions pre-Location: Instructional and Lap Pools. Water comfort and swimming skills taught through a variety of fun activities. Parents and children will be guided through paring them for classes without the aid of a parent.



## 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 to 1. All preschool classes are 30 minutes in length.

## 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.

# 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.

### QUESTIONS?

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

# AQUATICS (continued)

## TEEN/ADULT SWIM LESSONS (Ages 13 & Older)

Classes for those who want to learn how to swim and for those who want to improve their stroke efficiency and endurance.

### BEGINNER

A class designed for adults and teens who have never swum before or are picking up after a long time out of the water

### STROKE DEVELOPMENT

A class designed to develop basic stroke for new swimmers or those getting back into swimming after a long time away.

### CLASE DE NATACION EN ESPAÑOL

Clase para los que quieren aprenda a nadar por primera vez. Clase para los que quieren mejorar su manera de nadar para tener mas fuerza nadando y nadar mas eficiente.

### SEMI-PRIVATE AND 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 our Aquatic Coordinators at 262.898.4559.

### SEMI-PRIVATE SWIM LESSONS

2:1 ratio. Instructor will teach 2 swimmers for 30 minutes per lesson

6 lessons: \$80 Members/\$110 General Public

### 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



**PLEASE WATCH OUR WEBSITE  
AND FACEBOOK PAGE  
FOR UPDATES!**

# EDUCATION

The Racine Family YMCA is a leader in providing up-to-date training and certification through the American Red Cross. We regularly offer certification and challenge courses in Lifeguard Training, CPR/AED and First Aid at our Sealed Air Branch.

### CPR & AED TRAINING

Learn a lifesaving skill that could save a friend, family member, co-worker or neighbor. We use the American Red Cross CPR for the professional rescuer course. We will teach you the skills, knowledge and confidence to perform CPR and use an AED.



### CPR & AED Full Course

Sunday, September 25 7:00am-12:00pm

Sunday, October 23 7:00am-12:00pm

Sunday, November 27 7:00am-12:00pm

Sunday, December 18 7:00am-12:00pm

\$150 Members/\$200 General Public

### RED CROSS LIFEGUARD TRAINING

Blended learning training for lifeguarding, using online and in-person sessions. Registration closes 1 week prior to the start of the class. For more pricing information, please contact our Aquatics Coordinators at 262.898.4559.

Registration closes one week prior to the start of the class.

### RED CROSS LIFEGUARD Course

August 22-26 4:00-8:00pm

September 19-23 4:00-8:00pm

October 24-28 4:00-8:00pm

November 21-25 4:00-8:00pm

December 12-16 4:00-8:00pm

# THE YMCA'S SWIM TEAM

The next step in your child's swim career! SEA's Mission is to empower the youth of Southeastern Wisconsin in a safe and supportive environment to be champions in life through excellence in swimming.

### Fall & Winter Tryouts

Swim team tryouts will be held Monday, September 19, 5:00-6:00pm at the Mount Pleasant Branch  
Stop in any time!

The first day of practice for the fall and winter season is Tuesday, September 20. The last practice will take place on Friday, March 17.

Returning family registration opens Monday, August 22.

For more info contact Coach Neil

Phone: 262.994.3157

Email: south.eastern.aquatics@gmail.com

Team website: [www.sea-y.org](http://www.sea-y.org)

