

AQUATICS

Welcome to our Fall 1 Session of the YMCA's Aquatic Programs

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



SWIM LESSONS—6 WEEK SESSION September 11–October 18

YOUTH LESSONS	HOMESCHOOL LESSONS	PRESCHOOL LESSONS
MONDAYS	TUESDAYS (HOMESCHOOL)	WEDNESDAYS
	Stages 1p-4p 2:00-2:30pm	
	Stages 1y-4y 2:45-3:30pm	
Stage 1y & 2y: 5:00-5:45pm		Stages 1p & 2p 5:00-5:30pm
Stage 3y & 4y 6:00-6:45pm		Stages 1p & 2p 5:45-6:15pm
Stage 5y & 6y 7:00-7:45pm		Stages 3p & 4p 6:30-7:00pm
		Stages 5p & 6p 7:15-7:45pm

Fee: \$55 Members \$85 General Public



For more information, contact our **Aquatics Director** at 262.898.4551 or agilmore@ymcaracine.org.

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 TRYOUTS

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

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 levels at 262.898.4551 or email frontdeskIM@ymcaracine.org.