



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CONFIDENCE



## Swim Lessons

### Alex W. Spears III Family YMCA

**Swim Basics:** Children ages 3–5 years old OR Children age 5–12

**Swim Strokes:** Children ages 3–5 years old OR Children age 5–12

**YMCA SWIM LESSON PHILOSOPHY:** At the Y, we believe that swimming is a LIFE SKILL. The ALL \*NEW\* YMCA Swim Lesson Program is designed to offer high-quality instruction in a safe, student-centered, and flexible environment. At the Y, we are **BUILDING STRONG SWIMMERS and CONFIDENT KIDS!**

### SWIM LESSON SESSIONS AND REGISTRATION DATES:

	Session Dates	Member Registration	Potential Member Registration
March T/TH	Mar 9–Mar 25	Feb 24–Mar 3	Feb 25–Mar 3
April T/TH	Apr 6–Apr 22	Mar 24–31	Mar 25–31
May T/TH	May 4–May 20	Apr 21–28	Apr 22–28
May/June Sat	May 1–June 5	Apr 17–Apr 24	Apr 18–Apr 24

### COST:

Each Session Costs: **\$36 Members** or **\$60 for Potential Members.**

\*\*Nationwide Members can register at the member rate, but cannot register until the Non-Member registration date\*\*

## Register at the YMCA front desk or ONLINE!!

Registration begins at 7AM on the registration date listed above.

Contact Laura Brown, Aquatics Director at 336.387-9622 or [Laura.Brown@ymcagreensboro.org](mailto:Laura.Brown@ymcagreensboro.org) or [spearsymca.org](http://spearsymca.org) for more information.

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

# YMCA SWIM LESSON PROGRAM OVERVIEW

## SWIM BASICS:

### STAGE 1: WATER ACCLIMATION

In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

**Ages:** 3-12 **Length:** 30 minutes

**Qualifications:** None!

### STAGE 2: WATER MOVEMENT

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water.

**Ages:** 3-12 **Length:** 30 minutes

**Qualifications:** (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, (3) able to jump in the pool, submerge & return to the wall with assistance.

### STAGE 3: WATER STAMINA

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

**Ages:** 3-12 **Length:** 30 minutes

**Qualifications:**(1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

## SWIM STROKES:

### STAGE 4: STROKE INTRODUCTION

In this class, children are introduced to basic swimming strokes.

**Ages:** 3-12 **Length:** 40 minutes

**Qualifications:** (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds, (5) able to swim to wall & exit.

### STAGE 5: STROKE DEVELOPMENT

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

**Ages:** 5-12 **Length:** 40 minutes

**Qualifications:** (1) able to front crawl & back crawl 25 yards, (2) able to swim breaststroke kick and dolphin kick 15 yards, (3) able to tread water using multiple kicks for 1 minute.

### STAGE 6: STROKE MECHANICS

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

**Ages:** 5-12 **Length:** 40 minutes

**Qualifications:** (1) able to swim front crawl with bent arm recovery & rotary breathing for 25 yards, (2) able to swim back crawl with stroke rotation for 25 yards, (3) able to swim butterfly with over arm recovery, (4) able to swim breaststroke for 25 yards achieving stroke rhythm.