



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CONFIDENCE



## Swim Lessons

### MARY PERRY RAGSDALE FAMILY YMCA

**Swim Starters:** Children ages 6months-3 years old (with parents)

**Swim Basics:** Children ages 3-5 years old **OR** Children age 5-12 **OR** Teens/Adults ages 13+

**Swim Strokes:** Children ages 3-5 years old **OR** Children age 5-12 **OR** Teens/Adults ages 13+

**YMCA SWIM LESSON PHILOSOPHY:** At the Y, we believe that swimming is a LIFE SKILL. The 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!**

### July 2021 SWIM LESSON SESSIONS AND REGISTRATION DATES: (Includes online and over the counter)

|                |           |                         |                 |
|----------------|-----------|-------------------------|-----------------|
| July M/W       | 7/7-7/26  | Registration: 6/18-6/30 | Session: 3-Week |
| July T/TH      | 7/6-7/22  | Registration: 6/18-6/30 | Session: 3-Week |
| July Mon-Thurs | 7/6-7/15  | Registration: 6/18-6/30 | Session: 2-Week |
| July Mon-Thurs | 7/19-7/29 | Registration: 7/6-7/15  | Session: 2-Week |
| Saturday       | 7/10-8/14 | Registration: 6/18-7/7  | Session: 6 Week |

\*Please note there are no classes Saturday July 3<sup>rd</sup>! Any registration after June 30<sup>th</sup> will need to be done at the branch. Prices for the first July 2-week session will be altered at time of registration.

### COST:

Each 2 week Mon-Thur Session Costs **\$48 Members** or **\$80 for Potential Members**.

Each 3 week Mon/Wed or T/TH Session Costs **\$36 Members** or **\$60 for Potential Members**.

Each 4 week Mon/Wed or T/TH Session Costs **\$48 Members** or **\$80 for Potential Members**.

Each 6 week Saturday Session Costs **\$36 Members** or **\$60 for Potential Members**.

### PORPOISE CLUB COST:

Each 3-week Monday or Wednesday **ONLY** session costs **\$24 Members** or **\$36 for Potential Members**.

Each 3-week Mon/Wed session costs **\$48 Members** or **\$72 for Potential Members**.

Each 4-week Monday or Wednesday **ONLY** session costs **\$32 for Members** or **\$48 for Potential Members**.

Each 4-week Mon/Wed session costs **\$64 for Members** or **\$96 for potential Members**.

**Register at the YMCA front desk or online at [Ragsdaleymca.org](http://Ragsdaleymca.org)**

# MARY PERRY RAGSDALE FAMILY YMCA

## July 2021 Swim Lesson Schedule

### Swim Starters–Stages A and B for Parent Child participants; Ages 6–36 months.

\*Our Swim Starters classes will be back in August! We apologize for any inconvenience, we look forward to seeing you and your swimmers than!

### Swim Basics and Swim Strokes–Stages 1–6; Ages 3–12

| Stage                  | 1–Water Acclimation                   | 2–Water Movement                      | 3–Water Stamina                   | 4–Stroke Introduction             | 5–Stroke Development | 6–Stroke Mechanics | Porpoise Club   |
|------------------------|---------------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|----------------------|--------------------|-----------------|
| M/W<br>Ages 3–5        | 5:30pm–6:00pm or<br>6:10pm–6:40pm     | 5:30pm–6:00pm or<br>6:10pm–6:40pm     | 6:00pm–6:30pm                     | 6:00pm–6:40pm                     |                      |                    |                 |
| M/W<br>Ages 5–12       | 5:30pm–6:00pm or<br>6:30pm–7:00pm     | 6:30pm–7:00pm or<br>6:30pm–7:00pm     | 6:15pm–6:45pm or<br>6:40pm–7:10pm | 6:00pm–6:40pm or<br>6:40pm–7:20pm | 6:40pm–7:20pm        | 6:40pm–7:20pm      | 5:45pm–6:45pm   |
| T/TH<br>Ages 3–5       | 6:00pm–6:30pm                         | 6:15pm–6:45pm                         | 6:15pm–6:45pm                     |                                   |                      |                    |                 |
| T/TH<br>Ages 5–12      | 6:00pm–6:30pm or<br>6:30pm–7:00pm     | 6:30pm–7:00pm                         | 6:30pm–7:00pm                     | 6:40pm–7:20pm                     | 6:00pm–6:40pm        | 6:00pm–6:40pm      |                 |
| Mon–Thurs<br>Ages 3–5  | 4:00pm–4:30pm                         | 4:00pm–4:30pm                         | 4:30pm–5:00pm                     | 4:30pm–5:10pm                     |                      |                    |                 |
| Mon–Thurs<br>Ages 5–12 | 4:00pm–4:30pm                         | 4:00pm–4:30pm                         | 4:30pm–5:00pm                     | 4:30pm–5:10pm                     | 4:40pm–5:20pm        | 4:40pm–5:20pm      |                 |
| Saturday<br>Ages 3–5   | 10:30am–11:00am or<br>11:10am–11:40am | 10:45am–11:15am or<br>11:30am–12:00pm | 11:15am–11:45am                   | 11:30am–12:10pm                   |                      |                    |                 |
| Saturday<br>Ages 5–12  | 10:30am–11:00am or<br>11:10am–11:40am | 10:45am–11:15am or<br>11:30am–12:00pm | 11:15am–11:45am                   | 11:30am–12:10pm                   | 12:00pm–12:40pm      | 12:00pm–12:40pm    | 11:30am–12:30pm |

### Swim Basics and Swim Strokes for Teen and Adult; Ages 13+

| Stage                    | Swim Basics     | Swim Strokes    |
|--------------------------|-----------------|-----------------|
| Saturday Adult 18+       | 9:00am–9:30am   | 9:00am–9:40am   |
| Saturday Teen Ages 13–17 | 10:00am–10:30am | 12:00pm–12:40pm |

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 STARTERS:

### STAGE A: WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.

**Ages:** 6-36 months **Length:** 30 minutes

**Qualifications:** None!

### STAGE B: WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

**Ages:** 6-36 months **Length:** 30 minutes

**Qualifications:** None (although, completion of the water Discovery Class is recommended)!

## 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.

**Porpoise Club** is a unique swim training program that includes instruction to prepare for competitive swimming, such as stroke improvement, starts & turns, and speed and endurance training.

Participants should be able to swim at least one length on front and back and have a basic understanding of freestyle, backstroke and breaststroke. These skills will be tested on the first day and if they cannot be met, participants will be placed in the appropriate swim lesson level.

It is recommended swimmers complete at least Stage 5 before entering the Porpoise Club program. For ages 5-12.

## 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, (5) able to dive from kneeling position.

## FOR TEENS & ADULTS:

### SWIM BASICS

Students learn personal water safety and basic swimming competency in shallow water.

**Ages:** 13+ **Length:** 30 minutes

**Qualifications:** None!

### SWIM STROKES

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

**Ages:** 13+ **Length:** 40 minutes

**Qualifications:** (1) able to submerge touch the bottom 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 second

