



**STRONG SWIMMERS
CONFIDENT KIDS**

School Age Swim Lessons Spring 2021

April 12th—May 30th

\$32 for Members, \$58 for General Public

**Registration Opens March 29th for Members, April 5th for General Public
(Ages 6 and older)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
School Age Stage 1	4:10pm—4:55pm	4:10pm—4:55pm	4:50pm—5:35pm		
School Age Stage 2	5:00pm—5:45pm	4:10pm—4:55pm			10:00am—10:45am
School Age Stage 3	5:30pm—6:15pm		3:30pm—4:15pm	4:45pm—5:30pm	
School Age Stage 4		3:30pm—4:15pm	11:20am—12:05pm 4:20pm—5:05pm		
School Age Stage 5	3:50pm—4:35pm		10:30am—11:15am	3:30pm—4:15pm	
School Age Stage 6	4:40pm—5:25pm			4:25pm—5:10pm	
Aquatic Conditioning		4:20pm—5:05pm			

YMCA OF THE NORTHWOODS

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**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STRONG SWIMMERS CONFIDENT KIDS



SWIM LESSONS

At the Y, our swim lessons build skills, confidence, and character. Our new curriculum focuses on developing sequence based skill sets that organically build on one another. Students will learn faster, be safer sooner, and progress more quickly through the various levels.

SWIM STARTERS

Parent & Child Lessons

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.

Ages: 6 months—3 years (30 min)

A/B WATER DISCOVERY & EXPLORATION

Introduces infants and toddlers to the aquatic environment. Explores body positions, blowing bubbles, and fundamental safety and aquatic skills.

AGES 1–3 PARENT & CHILD

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with parental assistance.

NEVER TOO LATE – ADULT SWIM LESSONS

Have you always wanted to learn to swim? This is the class for you! You will learn to overcome barriers and develop basic swimming skills in a one on one setting.

SWIM BASICS

Preschool & School Age lessons

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills.

Age: 3 years to 5 years (30 min)

Age: 6 years and older (45 min)

1 / WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 / WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.

3 / WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES

School Age Lessons

Skills to support a healthy lifestyle. 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.

Age: 6 years and older (45 min)

4 / STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6 / STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

AC / AQUATIC CONDITIONING

This 45 minute class develops endurance and technique in competitive strokes. Must be able to swim 25 yards of all competitive strokes. For children ages 6–16 years.

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