

STRONG SWIMMERS

CONFIDENT KIDS



Winter 1 School Age Swim Lessons

Offered in 7 week sessions for children ages 6 and older

January 3rd—February 20th

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

Registration Opens December 13th for Members & December 20th for General Public

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| Stage 1 | Mondays, 4:35pm—5:20pm Tuesdays, 3:45pm—4:30pm Thursdays, 4:35pm—5:20pm Saturdays, 9:00am—9:45am |
| Stage 2 | Mondays, 5:25pm—6:10pm Tuesdays, 4:35pm—5:20pm Thursdays, 3:30pm—4:15pm Saturdays, 9:50am—10:35am |
| Stage 3 | Mondays, 3:45pm—4:30pm Wednesdays, 4:15pm—5:00pm Thursdays, 3:45pm—4:30pm |
| Stage 4 | Mondays, 4:35pm—5:20pm Tuesdays, 4:20pm—5:05pm |
| Stage 5 | Tuesdays, 3:30pm—4:15pm |
| Stage 6 | Wednesdays, 3:25pm—4:10pm Thursdays, 4:20pm—5:05pm |

YMCA of the Northwoods

2003 E. Winnebago Street

Rhineland, WI 54501

(715) 362-9622

www.ymcaofthenorthwoods.org



**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 ages 6 months - 18 months 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.

YMCA OF THE NORTHWOODS

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