

# SWIM SAFELY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA AT SCHILLING FARMS

1185 Schilling Blvd. E. Collierville TN 38017  
P 901 850 9622 F 901 850 9122  
ymcamemphis.org

### AQUATICS GUIDE - SCHILLING FARMS YMCA

## SWIM LESSONS FALL 2017

### Preschool

Ages 3-5 years old

Tuesdays & Thursdays – 5:45 p.m. and 6:15 p.m.  
Classes are 30 minutes in length

**Session 2** September 5 – 28  
**Session 3** October 3 – November 2  
(No classes October 10 and 12)  
**Session 4** November 7 – December 5  
(No class November 23)

Members \$70  
Non-members \$110

### Teen/Adult

Ages 13 and up

Tuesdays & Thursdays – 6:15 p.m.  
Classes are 45 minutes in length

**Session 2** September 5 – 28  
**Session 3** October 3 – November 2  
(No classes October 10 and 12)  
**Session 4** November 7 – December 5  
(No class November 23)

Members \$70  
Non-members \$110

## Parent/Child

6 months – 3 years

Children who are not potty-trained must wear swim diapers.  
Classes are 30 minutes in length

Saturdays – 10:30 – 11:00 a.m.

**Session 2** September 9 – 30

Tuesdays – 10:30 – 11:00 a.m.

**Session 2** September 5 – 26

**Session 3** October 3 – 31  
(No class October 10)

**Session 4** November 7 – 28

Members \$30  
Non-members \$50

## Youth

Ages 6-12 years old

Tuesdays & Thursdays – 5:45 p.m. and 6:30 p.m.  
Classes are 45 minutes in length

**Session 2** September 5 – 28  
(This session only start times are 5:45 p.m. and 6:15 p.m.)

**Session 3** October 3 – November 2  
(No classes October 10 and 12)

**Session 4** November 7 – December 5  
(No class November 23)

Members \$70  
Non-members \$110

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# FINDING THE RIGHT CLASS FOR YOU . . .

To help you find the correct swim lesson stage for your child, the Y will assess your child the first day of class to assign them to the best swim lesson.

## **PARENT/CHILD** Ages 6 months–3 years

**Parent/Child** - The Parent/Child class teaches water safety and water adaptation, through songs and games for children and their parents. Parents will become confident handling their babies in the water while teaching water movement skills. One parent per child in the water with their child.

## **SWIM BASICS** Ages 3–12 years

**Swim Basics** develops personal water safety and basic swimming skills in students of all ages.

**Stage 1: Water Acclimation** – Beginner. No water experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Stage 2: Water Movement** - Beginner/Intermediate. Encourages forward movement in water and basic self-rescue skills performed independently.

**Stage 3: Water Stamina** - Intermediate/Advanced. Develops intermediate self-rescue skills performed at longer distances than in previous stages.

## **SWIM STROKES** Ages 6–12 years

**Swim Strokes** introduces and refines stroke technique in older students.

**Stage 4: Stroke Introduction** – Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke.

**Stage 5: Stroke Development** - Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

**Stage 6: Stroke Mechanics** - Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

## **TEEN/ADULT** Ages 13 and up

The adult class is for ages 13 and up. The instructor will tailor the sessions based on every student's ability to swim.



# PRIVATE & SEMI-PRIVATE SWIM LESSONS

Our YMCA Swim Instructors are available to teach Private (One on One) or Semi-Private (One to Two) lessons. These lessons are taught at your convenience.

- Starting at age 4.
- Lessons will be offered depending on pool and instructor availability.
- Please register at the Welcome Center. Payment must be made at the time of registration.
- An instructor will contact you within 7 days of registration to set up your lesson times. We will make every effort to work out a schedule that works best for you.
- You may request a specific instructor or we can choose one that best fits your particular needs.

NOTE: No refunds will be given after the first lesson or if the participant misses class without at least a 3-hour notice.

# PRIVATE LESSONS

## PRIVATE LESSONS

Members \$110  
Non-members \$150

One participant will receive 4 lessons, 30 minutes in length, with a certified swim instructor.

## SEMI-PRIVATE LESSONS

Members \$90 per person  
Non-members \$110 per person

Two participants will receive 4 lessons, 30 minutes in length, with a certified swim instructor. We do not match-up these groups of two.

# DEVELOPMENTAL SWIM TEAM

This class is offered for children up to 14 years who can swim at least 25 yards, using a combination of front, back and breast stroke. It is a non-competitive team designed to improve swim strokes, style and endurance.

Participants must be mature enough to participate in this team like setting. For each summer session there is a swim meet to wrap up the session.

## Tuesdays & Thursdays

6:30 – 7:15 p.m.

Session 2 September 5 – 28  
Swim Meet September 30

Session 3 October 3 – November 2  
(No classes October 10 and 12)  
Swim Meet October 28

Members \$70  
Non-members \$110

Session 4 November 7 – December 14  
(No class November 23 - 11 practices)  
Swim Meets November 18 & December 16

Members \$90  
Non-members \$130



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# FREQUENTLY ASKED QUESTIONS

## **Can I pick my child's instructor?**

Only if you sign up for private or semi-private swim lessons. Instructors for groups are chosen by the Aquatic Director.

## **How many sessions does it take to pass from one stage to the next?**

YMCA Swim Lessons are designed to take 2-3 sessions to progress from one stage to another. Some children will require more or less time in a stage. We expect each child to learn and progress at his or her own rate. A child will advance to the next stage only when he or she can proficiently and safely perform the skills within his or her stage.

## **Do you make up lessons if my child has to miss?**

For group lessons, we do not make up classes for an individual child. If the entire class is cancelled because of weather, the class will be made up at a time of the instructors choosing.

# THE Y IS FOR YOU



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