



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

2018 Summer Swim Lessons



**NURTURING SKILLS AND
BUILDING CONFIDENCE IN THE WATER**

RIC NUBER YMCA

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GROUP SWIM LESSONS – 8 CLASS SESSIONS

\$60 Y Members

\$100 Non-Members

PRESCHOOL (3-5 years)

Class Times:
9:30am - 10am
5:45pm - 6:15pm

YOUTH (6-12 years)

Class Times:
10:15am - 11am
6:30pm - 7:15pm

TEEN/ADULT

(13 years & up)
Class Time: 7:15pm - 8pm

| Session | Class Dates 2 weeks (8 classes) | Morning Schedule (Days of Week) | Evening Schedule (Days of Week) | Registration Deadline |
|-----------|------------------------------------|------------------------------------|------------------------------------|--------------------------|
| Session A | May 29- June 7 | TWRF/MTWR | TWRF/MTWR | May 25 |
| Session B | June 11 - June 21 | MTWR/MTWR | MTWF/MTWR | June 8 |
| Session C | June 25 - July 6 | MTWR/MTRF | MTWR/MTRF | June 22 |
| Session D | July 9 - July 19 | MTWR/MTWR | MTWF/MTWR | July 6 |
| Session E | July 23 - August 2 | MTWR/MTWR | MTWR/MTWR | July 20 |

SATURDAY SWIM LESSONS – 4 Class Sessions

\$35 Y Members

\$55 Non-Members

| Session | Saturdays (4 classes) | Parent/Child (6-36 Months) | Preschool (3-5 Years) | Youth (6-12 Years) | Registration Deadline |
|---------|--------------------------|-------------------------------|--------------------------|-----------------------|--------------------------|
| June | June 9- June 30 | 9:00am - 9:30am | 9:30am - 10am | 10:15am - 11am | June 8 |
| July | July 7 - July 28 | 9:00am - 9:30am | 9:30am - 10am | 10:15am - 11am | July 6 |
| August | Aug 4 - Aug 25 | 9:00am - 9:30am | 9:30am - 10am | 10:15am - 11am | Aug 3 |

INDIVIDUAL LESSONS

Ages 3-Adult

30 minute classes, 4 sessions
\$100 Y Members, \$125 Non-Members

Individual swimming instruction is available for those who prefer a one-on-one lesson. Lessons are designed to meet individual needs or goals and offer scheduling options. The 4 class sessions are 30 minutes. To schedule individual lessons, contact the Aquatic Department or visit the Welcome Center.

BUDDY LESSONS

Ages 3-Adult

30 minute classes, 4 sessions
\$67.50* Y Members, \$87.50* Non-Members
*cost per participant

Swimming instruction with a buddy is available for those who prefer to learn with a friend. Lessons are designed to meet individual needs or goals and offer scheduling options. The 4 class sessions are 30 minutes with participants having similar age and/or swim ability. To schedule buddy lessons, contact the Aquatic Department or visit the Welcome Center.



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SWIM LESSON CLASS DESCRIPTIONS

YMCA swim lessons are designed to help each participant learn how to swim better and be safe in the water. Our emphasis is on learning, not on passing or failing. Each swimming level is divided into 5 components: **personal safety, stroke development, water sports and games, personal growth and rescue.**

PARENT/CHILD (6-36 months)
Class ratio 1:10
4 classes, 30 minutes classes

PRESCHOOL (3-5 years)
Class ratio 1:4
30 minutes classes

YOUTH (6-12 years)
Class ratio 1:6
45 minutes classes

TEEN/ADULT (13 years & up)
Class ratio 1:6
45 minutes classes

Y Swim lessons are divided into 3 levels by age and ability.

SWIM STARTERS

Ages 6 months-3 years

Develops water enrichment and aquatic readiness in children

Water Discovery - This 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 & 13 years - Adult

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 & 13 years - Adult

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.

Swim goggles are encouraged for swim lessons.
Goggles are available for sale at the Welcome Center for \$15 a pair.



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FREQUENTLY ASKED QUESTIONS

Can I pick my child's instructor?

Individual and buddy swim lessons can be scheduled with a particular instructor based on availability. Instructors for group lessons are assigned by the Swim Lesson Coordinator.

What certifications do the instructors have?

All swim instructors have current YMCA Swim Instructor certifications. Some instructors also have additional YMCA certifications in parent/child, stroke/conditioning, and special needs. To find the correct instructor for your child, contact the Program Director.

Do I need to be in the pool with my child?

The Parent/Child class is designed to include parent/guardian participation in the pool. For all other classes, the parent/guardian will not participate in the class, but must remain in the YMCA facility. For preschool lessons, we ask parents/guardians to remain on the pool deck in the event a child needs to use the restroom during lessons.

How many sessions does it take to pass from one level to the next?

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

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

Make up lessons are only scheduled when class is cancelled due to closure of the pool. Contact the Swim Lesson Coordinator to discuss specific situations.

Are swim goggles required?

Swim goggles are encouraged, but not required. Swim goggles assist swimmers in comfortably putting their face in the water. We do not recommend swim masks. Goggles are available for sale at the Welcome Center for \$15 a pair (while supplies last).

