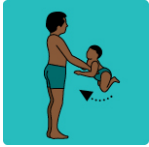


# Y SWIM LESSONS

8 Classes 1/Week | Y-members \$40 | Non-members \$80  
Session Runs: October 29 – December 23

## CHESTERFIELD FAMILY YMCA

### STARTERS



#### A: WATER DISCOVERY

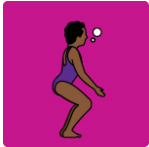
Stage A introduces infants and toddlers to the aquatic environment.



#### B: WATER EXPLORATION

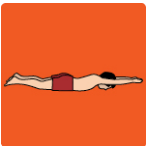
Stage B focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASICS



#### 1: WATER ACCLIMATION

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



#### 2: WATER MOVEMENT

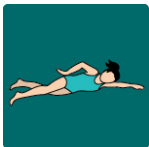
Encourages forward movement in water and basic self-rescue skills performed independently.



#### 3: WATER STAMINA

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

### SWIM STROKES



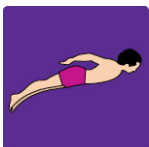
#### 4: STROKE INTRODUCTION

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.

## TEEN & ADULT LESSONS

Please contact the Welcome Center for information on Teen & Adult Lessons.

## PRIVATE & SEMI-PRIVATE LESSONS

Please contact the Welcome Center for more information on Private & Semi-Private Lessons.

Parent Child: 6 mo–3 years	Days	Time (30 mins)
<b>A</b> Water Discovery	Wed. Thurs. Sat.	11:15 am 5:45 pm 9:00 am • 9:45 am
<b>B</b> Water Exploration	Wed. Thurs. Sat.	11:15 am 5:45 pm 9:00 am • 9:45 am
Preschool: 3 – 5 years	Days	Time (30 mins)
<b>1</b> Water Acclimation	Mon. Tues. Wed. Thurs. Sat. Sat.	5:00 pm • 5:45 pm 5:00 pm • 5:45 pm 1:00 pm 5:00 pm • 5:45 pm • 6:30 pm 9:00 am • 9:45 am 10:30 am • 11:15 am
<b>2</b> Water Movement	Mon. Tues. Wed. Thurs. Sat.	5:00 pm • 5:45 pm • 6:30 pm 5:00 pm • 5:45 pm 1:30 pm 5:45 pm • 6:30 pm 9:45am • 10:30am • 11:15am
<b>3</b> Water Stamina	Mon. Tues. Wed. Thurs. Sat.	6:30 pm 5:45 pm 1:30 pm 5:00 pm 9:00 am
School Age: 5 – 12 years	Days	Time (30 mins)
<b>1</b> Water Acclimation	Mon. Tues. Thurs. Sat.	5:00 pm • 5:45 pm 5:00 pm 5:45 pm • 6:30 pm 9:00am • 10:30am • 11:15am
<b>2</b> Water Movement	Mon. Tues. Thurs. Sat.	6:30 pm • 7:15 pm 5:00 pm • 5:45 pm 5:00 pm • 6:30 pm 9:45 am • 10:30 a • 11:15 am
<b>3</b> Water Stamina	Mon. Mon. Tues. Thurs. Sat.	5:00 pm • 5:45 pm 6:30 pm • 7:15 pm 5:00 pm • 5:45 pm • 6:30 pm 5:00 pm • 6:30 pm 9:00 am • 10:30 am
<b>4</b> Stroke Introduction	Mon. Tues. Thurs. Sat.	5:00 pm • 6:00 pm • 7:00 pm 6:30 pm 4:55 pm • 5:45 pm 9:00 am • 11:00 am
<b>5</b> Stroke Development	Mon. Tues. Thurs. Sat.	7:00 pm 7:15 pm 4:55 pm • 7:10 pm 10:00 am
<b>6</b> Stroke Mechanics	Mon. Tues. Thurs.	7:00 pm 7:15 pm 7:10 pm

## TWO WAYS TO REGISTER

Beginning Oct 8 for Y-members, Oct 15 for Non-members



**ONLINE**  
gwrymca.org/programs



**IN PERSON**  
at the Welcome Center