

# Y SWIM LESSONS

8 Classes 1/Week | Y-members \$43-\$49 Non-members \$86 -\$98

Session Runs: April 29 – June 22 No Classes Memorial Day

## CHESTERFIELD FAMILY YMCA

STARTERS



### A: WATER DISCOVERY

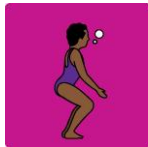
Stage A introduces infants and toddlers to the aquatic environment.



### B: WATER EXPLORATION

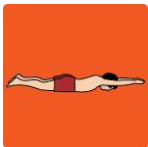
Stage B focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS



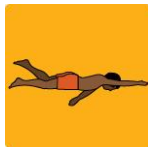
### 1: WATER ACCLIMATION

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.



### 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.

SWIM STROKES

## 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.

## TWO WAYS TO REGISTER

Beginning Apr. 8 for Y-members, Apr. 15 for Non-members

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

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ONLINE

gwrwymca.org/programs



IN PERSON  
at the Welcome Center