



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING CONFIDENCE IN THE WATER
SPRING 2017 Swim Lesson Guide
SAMMAMISH COMMUNITY YMCA

COME SWIM WITH US

As "America's Swim Instructor", the Y has been helping people of all ages gain swimming confidence for decades. Our swim lessons build skills, confidence and character. Our instructors emphasize water safety, social skills and problem solving in each of our offerings. Whether you are beginner, intermediate or advanced, we offer a variety of options at an affordable rate. Financial assistance available.

SWIM LESSON REGISTRATION INFORMATION

	Session Dates	YMCA Member Registration	Community Registration
March 2017	3/4-3/30	FRI, 2/17	FRI, 2/24

Swim Lesson Registration

Registration takes place online. If you have not registered to use our online registration system, you may set up your account by using the email that you set your membership account up with.

Swim Lesson Cancellation Policy: We require notice in writing at least seven days prior to the start of the session for a full refund. You may email someone directly at sammamishaquatics@seattleyymca.org



Adult & Youth Private Swim Lessons

Y private swim lessons offer the opportunity to learn in a one-on-one setting. Each student is paired with a certified, caring instructor based on needs and abilities. Ages 3 & up.

Contact us for more info at sammamishaquatics@seattlemca.org.

REGISTER NOW

When: Spring Session I 3/4 - 3/30

Cost: \$210 FM / \$306 CM
Six lessons per swimmer

Adult & Youth Semi-Private Swim Lessons

Learn to swim in a semi-private setting with a maximum of two students per class! Please register in pairs, as the Aquatics Department will not be grouping singles together.

Contact us for more info at sammamishaquatics@seattlemca.org.

REGISTER NOW

When: Spring Session I 3/4 - 3/30

Cost: \$150 FM / \$222 CM
Six lessons per swimmer

Group Swim Lessons

Group Lessons are based on age and ability of the participant. Swim lessons develop competency in swimming, along with confidence and endurance. A participant is advanced to the next level only when he or she can proficiently and safely perform the skills with his or her level. Please refer to the charts on page 34 and 35 for age breakdowns and abilities.

Cost:	March 4 - 30	FM	CM
	Mon/Wed Classes	\$80	\$136
	Tues/Thurs Classes	\$80	\$136
	Saturday Classes	\$30	\$51

REGISTER ON THE FOLLOWING PAGE

Program Runs: Mon, 3/6 - Wed 3/29
Program Runs: Tues, 3/7 - Thurs 3/30
Program Runs: Sat, 3/4 - Sat, 3/25

**STAY TUNED FOR
MORE GREAT PROGRAMS**

**Spring 2017 Program Guide Coming Soon
(March-June 2017)**

YMCA Swim Lesson Levels

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



13+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**STAGE A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**STAGE B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**STAGE 1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**STAGE 2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**STAGE 3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**STAGE 4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**STAGE 5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**STAGE 6 / STROKE
MECHANICS**

STAGE DESCRIPTIONS



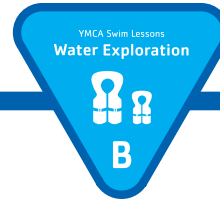
SWIM STARTERS

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.



A / WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.



B / WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.



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.



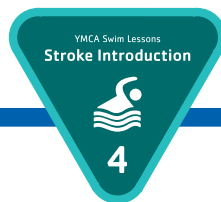
3 / WATER STAMINA

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

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit.
- Jump, push, turn, grab



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

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.

MARCH 2017.....

PARENT/CHILD



6 months
- 3 years

Stage	Age	Day	Time Start	Time End
STAGE A Water Discovery REGISTER NOW	6-24 mos	Thursdays	9:35am	10:05am
		Saturdays	9:20am	9:50am
STAGE B Water Explorati... REGISTER NOW	2-3 yrs	Thursdays	9:35am	10:05am
		Saturdays	9:20am	9:50am

FM = Facility Member , CM = Community Member

PRESCHOOL



3 years
- 5 years

Stage	Age	Day	Time Start	Time End
STAGE 1 Water Acclimation REGISTER NOW	3-5 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm	5:45pm 6:10pm
		Tuesdays	9:35am	10:05am
		Thursdays	9:00am	9:30am
		Saturdays	8:10am 8:45am 9:20am	8:40am 9:15am 9:50am
STAGE 2 Water Movement REGISTER NOW	3-5 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm	5:45pm 6:10pm
		Tuesdays	9:35am	10:05am
		Saturdays	8:10am 8:45am 9:20am	8:40am 9:15am 9:50am
STAGE 3 Water Stamina REGISTER NOW	3-5 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm	5:45pm 6:10pm
		Saturdays	8:10am 8:45am 9:20am	8:40am 9:15am 9:50am
STAGE 4 Stroke Introducti REGISTER NOW	3-5 yrs	Mon/Wed	5:15pm 5:50pm	5:45pm 6:10pm
		Saturdays	8:10am 8:45am 9:20am	8:40am 9:15am 9:50am

FM = Facility Member , CM = Community Member

GROUP LESSONS

SCHOOL AGE



5 years – 12 years

STAGE	Age	Day	Time Start	Time End
STAGE 1 Water Acclimation REGISTER NOW	5 - 12 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm 6:25pm	5:45pm 6:10pm 6:55pm
		Saturdays	8:10am 8:45am 9:20am 9:55am	8:40am 9:15am 9:50am 10:25am
STAGE 2 Water Movement REGISTER NOW	5 - 12 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm 6:25pm	5:45pm 6:10pm 6:55pm
		Saturdays	8:10am 8:45am 9:20am 9:55am	8:40am 9:15am 9:50am 10:25am
STAGE 3 Water Stamina REGISTER NOW	5 - 12 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm 6:25pm	5:45pm 6:10pm 6:55pm
		Saturdays	8:10am 8:45am 9:20am 9:55am	8:40am 9:15am 9:50am 10:25am
STAGE 4 Stroke Introduction REGISTER NOW	5 - 12 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm 6:25pm	5:45pm 6:10pm 6:55pm
		Saturdays	8:10am 8:45am 9:20am 9:55am	8:40am 9:15am 9:50am 10:25am
STAGE 5 Stroke Development REGISTER NOW	5 - 12 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm 6:25pm	5:45pm 6:10pm 6:55pm
		Saturdays	8:10am 8:45am 9:20am 9:55am	8:40am 9:15am 9:50am 10:25am
STAGE 6 Stroke Mechanics REGISTER NOW	5 - 12 yrs	Mon/Wed or Tues/Thurs	5:15pm 5:50pm 6:25pm	5:45pm 6:10pm 6:55pm
		Saturdays	8:10am 8:45am 9:20am 9:55am	8:40am 9:15am 9:50am 10:25am

TEENS/ADULTS



13+ years

TEEN/ADULT	Age	Day	Time Start	Time End
Swim Team Basics	REGISTER NOW	Mon/Wed	8:00pm	8:30pm
Adults	REGISTER NOW	Mon/Wed Tues/Thurs	10:00am 8:00pm	10:30am 8:30pm

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