



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP SWIM LESSONS 2024

BUTLER-MASON YMCA

When:

Monday – Thursday

30 minute sessions

Refer to back for Stages of Learning.

11:00am-11:30am

- Pre-School Level 1 & 2 (3yrs - 5yrs) 3 min/ 6 max
- School Age Level 1 & 2 (6yrs – 12yrs) 3 min/ 6 max

11:45am-12:15pm

- Pre-School Level 3 & 4 (3yrs-5yrs) 3 min/ 6 max
- School Age Level 3 & 4 (6yrs-12yrs) 3 min/ 8 max

12:30pm-1:00pm

- School Age Level 1 & 2 (6yrs-12yrs) 3 min/ 6 max
- Teens & Adults Level (13yrs & Up) 3 min/ 6 max

Dates:

Registration opens March 1st 2024

Session 1	May 20 th – May 31 st (2 nd week will run Tues.-Fri. due to no lessons on Memorial Day)
Session 2	June 3 rd – June 13 th (Reg. Opens 3/1)
Session 3	June 17 th – June 27 th (Reg. Opens 5/13)
Session 4	July 8 th – July 18 th (Reg. Opens 5/13)

Cost:

\$65.00 Members

\$85.00 Potential Members

Inclement weather: We guarantee 6
of the 8 lessons, any make-up
lessons will be scheduled on Fridays

For more information, please contact:

Amber Sorensen at 229.226.0133 or asorensen@ymca-thomasville.org

It is the mission of the Thomasville YMCA to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Financial assistance is available for those that qualify. Please see Member Service for details. 229.226.0133 www.ymca-thomasville.org

Program	Age	Time	Description
Swim Starters	6 months - 3yrs	TBD	Swim Starters: Parent & Child lessons Ages 6 Months to 3 years Level A (Water Discovery)- Introduces infants and toddlers to the aquatic environment. Level B (Water Exploration)- Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.
Preschool Level 1&2	3yrs-5yrs	11:00am	Swim Basics : Recommended skills for all to have around water. Level 1 (Water Acclimation)- Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Level 2- (Water Movement)- Encourages forward movement in water and basic self-rescue skills preformed independently.
Preschool Level 3&4	3yrs-5yrs	11:45am	Swim Basics : Recommended skills for all to have around water. Skills to support a healthy lifestyle. Level 3 (Water Stamina)- Develops intermediate self-rescue skills performed at longer distances than in previous stages. Level 4 (Stroke Introduction)- Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.
School Age Levels 1&2	6yrs-12yrs	11:00am or 12:30pm	Swim Basics: Recommended Skills for all to have around water. Level 1 (Water Acclimation)- Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Level 2 (Water Movement)- Encourages forward movement in water and basic self-rescue skills performed independently.
Levels 3&4		11:45am	Level 3 (Water Stamina)- Develops intermediate self-rescue skills performed at longer distances than in previous stages.
Teen	13yrs +	12:30pm	You're never too old to learn how to swim! Swim Basics (Stages 1-3) Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: * Swim, float, swim – sequencing front glide, roll, back float, and exit. * Jump, push, turn, grab Swim Strokes (Stages 4-6) Having mastered the fundamentals, students learn additional water safety skill sand build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.