



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP SWIM LESSONS

EVERETT- MILTON YMCA

## Dates:

May 4<sup>th</sup>

June 1<sup>st</sup>

July 6<sup>th</sup>

August 3<sup>rd</sup>

September 7<sup>th</sup>

October 5<sup>th</sup>



No Group lessons for November and December.

All lesson will be held on Tuesday and Thursdays.

- Members- \$45.00
- Non-Members- \$65.00

**Please refer to back for times and more information.**

Contact Kenny Hood at 226-3446 or at [khoo@ymca-thomasville.org](mailto:khoo@ymca-thomasville.org) for more information. Register online: [www.ymca-thomasville.org](http://www.ymca-thomasville.org)

Program	Age	Time	Description
Swim Starters	6 months - 3yrs	5:00pm	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	3 yrs- 5 yrs	5:00pm OR 5:40pm	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	3 yrs- 5yrs	5:40pm	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 1-3	5yrs -12yrs	6:20pm	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. Level 3 ( Water Stamina)- Develops intermediate self- rescue skills performed at longer distances than in previous stages.
Adult/ Teen	13 yrs +	6:20pm	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.