



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# GROUP SWIM LESSONS 2024

**EVERETT- MILTON YMCA**

## When:

Tuesday & Thursday evenings

30 minute sessions

Refer to back for times and Stages of Learning.

## Dates:

February 6<sup>th</sup> (Registration Opens 1/15)

March 5<sup>th</sup> (Reg. Opens 1/15)

April 9<sup>th</sup> (Reg. Opens 3/18)

May 7<sup>th</sup> (Reg. Opens 3/18)

June 4<sup>th</sup> (Reg. Opens 5/13)

July 9<sup>th</sup> (Reg. Opens 5/13)

August 6<sup>th</sup> (Reg. Opens 7/15)

September 3<sup>rd</sup> (Reg. Opens 7/15)

October 15<sup>th</sup> (Reg. Opens 8/19)

**No Group lessons for November, December & January.**

## 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 229-226-3446 or at [asorensen@ymca-thomasville.org](mailto:asorensen@ymca-thomasville.org)

Register online: [www.ymca-thomasville.org](http://www.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.

229.226.3446 [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	3yrs- 5yrs	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	3yrs- 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	13yrs +	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.