

BUILD CONFIDENCE

Winter Swim Lessons - 8 Weeks - January 3 to February 25
WEST SEATTLE YMCA

	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
SWIM STARTERS (AGES 6 TO 35 MONTHS)				
A. Water Discovery	10:15 - 10:45am 5:40 - 6:10pm		10:15 - 10:45am 5:40 - 6:10pm	9:35 - 10:05am 10:45 - 11:15am
B. Water Exploration	10:45 - 11:15am 6:15 - 6:45pm	9:30 - 10:00am	10:45 - 11:15am 6:15 - 6:45pm	10:10 - 10:40am 11:20 - 11:50am
PRESCHOOL (AGES 3 TO 5 YEARS)				
1. Water Acclimation	10:15 - 10:45am 10:45 - 11:15am 11:15 - 11:45am 3:00 - 3:30pm 5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm	10:00 - 10:30am	10:15 - 10:45am 10:45 - 11:15am 11:15 - 11:45am 3:00 - 3:30pm 5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm	9:35 - 10:05am 10:10 - 10:40am 10:45 - 11:15am 11:20 - 11:50am
2. Water Movement	11:15 - 11:45am 3:30 - 4:00pm 5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm	10:30 - 11:00am	11:15 - 11:45am 3:30 - 4:00pm 5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm	9:35 - 10:05am 10:10 - 10:40am 10:45 - 11:15am 11:20 - 11:50am
3. Water Stamina	5:05 - 5:35pm 5:40 - 6:10pm		5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm	10:10 - 10:40am 10:45 - 11:15am
4. Stroke Introduction	5:05 - 5:35pm 5:40 - 6:10pm		5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm	10:10 - 10:40am
YOUTH (AGES 6 TO 12 YEARS)				
1. Water Acclimation	5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm 6:50 - 7:20pm		5:05 - 5:35pm 5:40 - 6:10pm 6:15 - 6:45pm 6:50 - 7:20pm	9:35 - 10:05am 10:10 - 10:40am 10:45 - 11:15am
2. Water Movement	3:00 - 3:30pm 5:05 - 5:35pm 5:40 - 6:10pm		3:00 - 3:30pm 5:05 - 5:35pm 5:40 - 6:10pm	9:35 - 10:05am 10:45 - 11:15am
3. Water Stamina	5:05 - 5:35pm 6:15 - 6:45pm 6:50 - 7:20pm		5:05 - 5:35pm 6:15 - 6:45pm 6:50 - 7:20pm	10:10 - 10:40am 11:20 - 11:50am
4. Stroke Introduction	3:30 - 4:00pm 5:40 - 6:10pm 6:15 - 6:45pm 6:50 - 7:20pm		3:30 - 4:00pm 5:05 - 5:35pm 5:40 - 6:10pm	10:10 - 10:40am 10:45 - 11:15am
5. Stroke Development	5:05 - 5:35pm 6:50 - 7:20pm		5:05 - 5:35pm 6:15 - 6:45pm	10:45 - 11:15am
6. Stroke Mechanics	5:40 - 6:10pm 6:50 - 7:20pm		5:40 - 6:10pm 6:50 - 7:20pm	11:20 - 11:50am
SWIM TEAM PREP (AGES 6 TO 13 YEARS)				
Swim Team Prep*	5:05 - 6:05pm	6:00 - 7:00pm	6:15 - 7:15pm	
TEEN (AGES 13 TO 17 YEARS)				
Teen Beginner	6:50 - 7:20pm		6:50 - 7:20pm	
Teen Intermediate	6:50 - 7:20pm		6:50 - 7:20pm	
ADULT (AGES 18 YEARS AND UP)				
Adult Beginner	6:50 - 7:20pm	7:50 - 8:20pm	6:50 - 7:20pm	
Adult Intermediate	6:50 - 7:20pm	7:00 - 7:30pm	6:50 - 7:20pm	
Adult Endurance*		6:45 - 7:45pm		

REGISTRATION AND COST

MEMBERSHIP TYPE	REGISTRATION OPENS	COST
Facility Member	December 13	\$60.00
Community Participant	December 16	\$100.00

Swim Team Prep cost is \$102.00 FM / \$192.00 CP
Adult Endurance cost is \$78.00 FM / \$132.00 CP
Saturday lessons start January 10 and run for 7 weeks. The cost is \$52.50 FM/ \$87.50 CP.

QUESTIONS

Tiana McCowan, Aquatics Director
206 900 7216 or tmccowan@seattleyymca.org
Registration closes January 2
Spring I registration opens February 14 for Facility Members or February 27 for Community Participants

SWIM STARTERS (AGES 6 TO 35 MONTHS)

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 (AGES 6 TO 18 MONTHS)

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B. WATER EXPLORATION (AGES 19 TO 35 MONTHS)

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

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

1. WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2. WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3. WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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.

4. STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5. STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6. STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM TEAM PREP (AGES 6 TO 13 YEARS)

Requirements: 50 yards front crawl side breathing, 25 yards backstroke and five minutes swimming without stopping. The class will cover breaststroke, butterfly, sets, drills, turns and competitive diving. Equipment needed for class: swimsuit, goggles and water bottle. On the first day of class, the instructor will run through Stroke Mechanics swimming skills and the student must be able to pass all skills. If the student does not meet the class requirements, the student will be placed in the appropriate level.

TEEN (AGES 13 TO 17 YEARS)

TEEN BEGINNER - No swimming ability.

TEEN INTERMEDIATE - There is some swimming ability. This class focuses on building endurance and stroke development

TEEN ENDURANCE - Student is able to swim length of pool but needs stroke refinement.

ADULT (AGES 18 AND UP)

ADULT BEGINNER - No swimming ability.

ADULT INTERMEDIATE - There is some swimming ability. This class focuses on building endurance and stroke development.

ADULT ENDURANCE - Student is able to swim length of pool but needs stroke refinement.

PRIVATE (AGES 3 AND UP)

Private lessons are sold in packs of 4 or 6 lessons by month (Example: February Private lessons or March Private lessons.) You can purchase them online and then you will be contacted by the Aquatics Department to let you know your swim lesson exact time and instructor. The Aquatics Department will also gather information such as special request and swimming ability when scheduling the instructor. Private swim lesson information sheets with pricing are available at Member Services desk.

CANCELLATION REFUND POLICY

- To receive a full refund, a cancellation must be submitted prior to the first day of class. No makeup classes for missed days.
- A credit will be issued for consecutive days of illness which cause the participant to miss more than half of the session. Written verification from a healthcare provider is required.
- Late enrollments will be prorated by the number of days missed, up to 25% of total program fee.
- If the YMCA must cancel a class, a full credit will be issued.

WAITLIST

Waitlists will be assessed the day after registration closes. Expect an email or phone call if we find an opening for you or your child.

YMCA CURRICULUM

Curriculum includes the five components of personal safety, personal growth, stroke development, water games & sports and rescues.

WHAT TO WEAR

- A swim diaper is required for anyone with continence issues. Swimmers wearing diapers need to have tight fitting protective coverings, preferably plastic or rubber.
- Shirts and tank tops are not allowed unless they are made of polyester, nylon or spandex and are not washed with fabric softener. Jean and cotton clothing are prohibited.
- Girls should wear a regulation swimsuit or a leotard that fits snugly. Boys should wear a swimsuit/swim trunks with lining.
- Shoulder length hair should be put up into a pony tail or swim cap. Long bangs also need to be put up so they do not fall into the eyes or mouth.
- Goggles, nose plugs, etc. are not recommended for children until they can demonstrate the proper skills without these (Pike, Eel and Polliwog classes).