



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Springfield Family YMCA Winter I Swim Lessons



<u>Adult & School-Age</u>	<u>Day</u>	<u>Time</u>
Adult Beginner	Monday	8:50-9:30am
Adult Beginner	Saturday	9:30-10:10am
Adult Intermediate	Wednesday	8:50-9:30am
Adult Intermediate	Saturday	9:30-10:10am
School-Age Stage 1	Wednesday	6:00-6:40pm
School-Age Stage 1	Saturday	11:30-12:10pm
School-Age Stage 2	Wednesday	6:40-7:20pm
School-Age Stage 3	Monday	6:10-6:50pm
School-Age Stage 3	Sunday	1:45-2:25pm
School-Age Stage 4	Monday	5:30-6:10pm
School-Age Stage 4	Saturday	9:00-9:40am
School-Age Stage 5	Monday	6:50-7:30pm
School-Age Stage 5	Saturday	12:30-1:10pm
School-Age Stage 6	Saturday	12:30-1:10pm
<u>Combo Classes</u>	<u>Day</u>	<u>Time</u>
Gym & Swim	Sunday	12:30-1:45pm

<u>Swim Starters & Preschool</u>	<u>Day</u>	<u>Time</u>
Swim Starter (A/B Combo)	Tuesday	6:00-6:30pm
Swim Starter (A/B Combo)	Saturday	10:00-10:30am
Preschool Stage 1	Tuesday	2:30-3:00pm
Preschool Stage 1	Thursday	2:30-3:00pm
Preschool Stage 1	Tuesday	5:30-6:00pm
Preschool Stage 1	Tuesday & Thursday	9:30-10:00am
Preschool Stage 1	Saturday	11:00-11:30am
Preschool Stage 1	Saturday	12:00-12:30pm
Preschool Stage 2	Tuesday	2:00-2:30pm
Preschool Stage 2	Thursday	2:00-2:30pm
Preschool Stage 2	Tuesday	4:30-5:00pm
Preschool Stage 2	Tuesday & Thursday	9:00-9:30am
Preschool Stage 2	Saturday	10:30-11:00am
Preschool Stage 3	Tuesday	1:30-2:00pm
Preschool Stage 3	Thursday	1:30-2:00pm
Preschool Stage 3	Tuesday	5:00-5:30pm
Preschool Stage 3	Saturday	10:30-11:00am
Preschool Stage 4	Wednesday	5:30-6:00pm

Springfield Family YMCA
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Springfield, Ohio 45505
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Stephanie Harris
Senior Program Director
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Need help deciding which class you should register for?? Contact Stephanie Harris to help place you or your child in a class or to set up a swim evaluation.

Registration Begins:	Members: Monday, December 10th Non-members: Monday, December 24th
Adults & School-Aged *Swim once a week!	Members \$32.00 Non Members \$64.00 (7 Weeks) Members \$23.00 Non Members \$46.00 (5 Weeks Sun)
Swim Starters & Preschool *Check up top to see which lessons are twice a week or once week!	Once a week lesson: Members \$28.00 Non Members \$56.00 (7 Weeks) Twice a week lesson: Members \$56.00 Non Members \$112.00 (7 Weeks) Gym & Swim: Members \$25.00 Non Members \$50.00 (5 Weeks)
Session Dates: January 7th until February 23rd (7 weeks)	*Sunday's are only 5 weeks* -No lessons January 27th -No lessons February 24th

SWIM STARTERS 6 months-3 years	Accompanied by a parent/guardian/caregiver, swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences while adults learn about water safety, drowning prevention, and the importance of supervision.
Stage A/B Combo: Water Discovery/ Water Exploration	Introduces infants and toddlers to the aquatic environment. Focusing on Exploring body position, blowing bubbles, and fundamental safety along with aquatic skills. <i>Prerequisites: Must be at least 6 months and with parent/guardian/caregiver participation</i>

SWIM BASICS Preschool 3-6 years School-Age 6-12 years	Swimmers learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1) Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit 2) Jump, push, turn, grab
Preschool Stage 1: Water Acclimation	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance <i>Prerequisites: Must be at least 3 years old, potty trained, and willing to work in the water without a parent</i>
Preschool Stage 2: Water Movement	Encourages forward movement in water and basic self-rescue skills performed independently <i>Prerequisites: Must be at least 3 years old, potty trained, able to exit the water independently and able to go under-water voluntarily</i>
Preschool Stage 3: Water Stamina	Develops intermediate self-rescue skills performed at longer distances than in previous stages <i>Prerequisites: Must be at least 3 years old, potty trained, able to tread water for 10 seconds near the wall and do a front/back float unassisted</i>
School-Age Stage 1: Water Acclimation	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance <i>Prerequisites: Must be at least 6 years old, and willing to work in the water without a parent</i>
School-Age Stage 2: Water Movement	Encourages forward movement in water and basic self-rescue skills performed independently <i>Prerequisites: Must be at least 6 years old, able to exit the water independently and able to go under-water voluntarily</i>
School-Age Stage 3: Water Stamina	Develops intermediate self-rescue skills performed at longer distances than in previous stages. <i>Prerequisites: Must be at least 6 years old, able to tread water for 10 seconds near the wall and do a front/back float unassisted</i>
Adult Beginner 13 years & older	Recommended skills for all to have around water for both safety and endurance. Topics covered will include skills for acclimation, movement and stamina in and around the water. *Goggles are recommended <i>Prerequisites: Must be at least 13 years old.</i>

SWIM STROKES Preschool 3-5 years School-Age 6-12 years	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.
Preschool/School-Age Stage 4: Stroke Introduction	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. <i>Prerequisites: Must be able to swim 10-15 yards on front & back, and be able to retrieve an object in chest-deep water</i>
School-Age Stage 5: Stroke Development	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke <i>Prerequisites: Must be able to swim 15 yards of front & back crawl, and tread water for 1 minute</i>
School-Age Stage 6: Stroke Mechanics	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle <i>Prerequisites: Must be able to swim 25 yards of front crawl, back crawl, & sidestroke, and 15 yards of butterfly & backstroke, as well as tread water for 2 minutes</i>
Adult Intermediate 13 years & older	Skills to support a healthy lifestyle through stroke introduction, development and mechanics. *Goggles are recommended

Gym & Swim Preschool 3-5 years	This class is a great way to introduce your child to the gym and pool. After 30 minutes of structured games and activities the class will transition to the pool for a beginner level swim lesson. Parent participation is not required.
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