

SWIM LESSONS



PARENT/CHILD AGES 6–36 MONTHS

LEVEL A: WATER DISCOVERY

Ratio 1:6 Introduces infants and toddlers to aquatic environment. Children and parents learn basic water skills and have fun playing with toys and flotation devices.

Prerequisite: Ages 6 months - 16 months

LEVEL B: WATER EXPLORATION

Ratio 1:6 Focuses on safety. Parents work with their children on body positions, floating, blowing bubbles, and aquatic skills.

Prerequisite: Ages 16 months - 36 months

Please see membership for class dates and enrollment info for Parent/Child sessions.

TO REGISTER

Complete the registration form (one per person). Cash, checks and credit cards accepted at registration. Deadline to register is two days prior to the start of the session. Registration past this deadline must be approved by our Aquatics Director.

PRESCHOOL AGES 3–5

LEVEL 1: WATER ACCLIMATION

Ratio 1:4 Learn to safely exit in the event of falling into a body of water. Comfort in movement in water, allowing future progress in swimming

Prerequisite: Beginner

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 2: WATER MOVEMENT

Ratio 1:4 Teaches control, ability to change directions, and forward movement. Additional practice to safely exit in case of falling into a body of water.

Prerequisite: Able to float and comfortably put face in water.

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 3: WATER STAMINA

Ratio 1:4 Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

Prerequisite: Able to swim free and backstroke over short distances.

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 4: STROKE INTRODUCTION

Ratio 1:6 Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce safety.

Prerequisite: Able to swim 10 yards and to the bottom of the pool independently.

DAY Mon/Wed • Tue/Thu • Sat • Sun



SCHOOL AGES 6–12

LEVEL 1 & 2: WATER ACCLIMATION AND MOVEMENT

Ratio 1:5 Safely exit in the event of falling into a body of water. Focus on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

Prerequisite: Beginner

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 3: WATER STAMINA

Ratio 1:5 Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

Prerequisite: Able to swim free and backstroke over short distances.

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 4: STROKE INTRODUCTION

Ratio 1:6 Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce safety.

Prerequisite: Able to swim 10 yards and to the bottom of the pool independently.

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 5: STROKE DEVELOPMENT

Ratio 1:6 Learn all major competitive strokes. Introduction to treading water and sidestroke.

Prerequisite: Able to swim 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 6: STROKE MECHANICS

1:6 Ratio Develops stroke techniques on all major competitive styles. Learn about competitive swimming. Discover how to incorporate swimming into a healthy lifestyle.

Prerequisite: Able to swim 25 yards in freestyle with side-breathing, backstroke, breaststroke kick, side stroke and 15 yards butterfly.

DAY Mon/Wed • Tue/Thu • Sat • Sun



ADULT AGES 13+

LEVEL 1 & 2: WATER ACCLIMATION AND MOVEMENT

1:4 Ratio Focuses on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

Prerequisite: Beginner

DAY Sat

TIME 12:35 pm – 1:15 pm

LEVEL 3 & 4: WATER STAMINA AND STROKE INTRODUCTION

1:6 Ratio Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce safety

Prerequisite: Able (or better) to swim free and backstroke over short distances

DAY Sat

TIME 12:35 pm – 1:15 pm

LEVEL 5 & 6: STROKE DEVELOPMENT AND MECHANICS

1:6 Ratio Develops stroke techniques on all major competitive styles. Learn about competitive swimming. Discover how to incorporate swimming into a healthy lifestyle.

Prerequisite: Able (or better) to swim 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.

DAY Sat

TIME 12:35 pm – 1:15 pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING CONFIDENCE WITH A SPLASH

SWIM LESSONS
May – August 2018
SOUTHWEST YMCA

REGISTRATION INFORMATION



Swim Lesson Guidelines

- Shower before entering the pool.
- Pull long hair back in a braid, ponytail or cap.
- Swim suits and/or swim shorts must be worn.
- No swimsuits with built-in life jackets.
- Swimmers who are not potty trained must wear swim diapers under swimsuits.
- Parent/guardian must accompany any child and present valid membership card/ID when entering the Y.
- Children under age twelve (12) must have a parent/guardian present in the YMCA while swim lessons are in progress.

SESSIONS

Swim sessions include 8 – 40 minute classes.

FEE	Facility Members
	\$134 Full Session \$117.25 May – June Mon/Wed Session
*Program Members	\$168 Full Session \$147 May – June Mon/Wed Session
	*Plus \$35 Annual Program Membership Fee

LOCATION **SOUTHWEST YMCA**
13500 Quito Road
Saratoga, CA 95070
408-370-1877
swymca.org

TO REGISTER

Complete the registration form (one per person). Cash, checks and credit cards accepted at registration. Deadline to register is two days prior to the start of the session. Registration past this deadline must be approved by our Aquatics Director.

YMCA OF SILICON VALLEY LOCATIONS:

CENTRAL YMCA
1717 The Alameda
San Jose, CA 95126
408-298-1717
ymcasv.org/central

EL CAMINO YMCA
2400 Grant Road
Mountain View, CA
94040
650-969-9622
elcaminoymca.org

NORTHWEST YMCA
20803 Alves Drive
Cupertino, CA 95014
408-257-7160
nwmca.org

SEQUOIA YMCA
1445 Hudson Street
Redwood City, CA
94601
650-368-4168
sequoiaymca.org

MT. MADONNA
171 W. Edmundson Ave.
Morgan Hill, CA 95037
408-782-2128
mt.madonnaymca.org

EAST VALLEY FAMILY YMCA
1975 S. White Road
San Jose, CA 95148
408-715-6500
evymca.org

LEWIS AND JOAN PLATT EAST PALO ALTO FAMILY YMCA
550 Bell Street
East Palo Alto, CA
94303
650-328-9622
epaymca.org

PALO ALTO FAMILY YMCA
3412 Ross Road
Palo Alto, CA 94303
650-856-9622
paloaltofamilyymca.org

SOUTH VALLEY FAMILY YMCA
5632 Santa Teresa Blvd.
San Jose, CA 95123
408-226-9622
southvalleyymca.org

YMCA CAMP CAMPBELL
16275 Highway 9
Boulder Creek, CA
95006
831-338-2128
ymcacampcampbell.org