

THE YMCA SWIMMING LESSON PROGRAM

Join our swimming lesson program and let us help you grow your swimmer into a strong, confident swimmer. The YMCA Swimming Lesson curriculum offers a more complete swimming progression for the swimmer and allows the parent to better know how their swimmer is growing. There will be mid-session reports and certificates of completion with clear understanding of your child's skill level. This curriculum accommodates students of varying abilities to help foster a sense of achievement as swimmers' progress between levels. Through this approach, advanced swimmers flow more easily to high levels while swimmers who need more instruction can learn at their own pace. With your dedication, your swimmers hard work and perseverance, and our outstanding instruction we can work together to help you better achieve a more confident swimmer.

Become a SUPER SWIMMER!
Just add water.



FALL SESSION DATES & TIMES

Morning, Evening & Saturday Sessions:

(8) 25 min lessons, 2 times per week OR
(4) 50 min lessons, 1 time per week, for 4 weeks.

Session 9 - Aug 31-Sept 26

Session 10 - Sept 28-Oct 24

Session 11 - Oct 26-Nov 21

Session 12 - Nov 23-Dec 19

Members: \$35 Non-members: \$60

*Fee includes a \$5 non-refundable deposit.

Swim Club: Member \$45; Non-members \$78

*Prices may vary depending on the number of classes per month.

Registration closes at 5pm on the Saturday prior to the start of each session.

On-line registration closes at 12pm on the Sunday prior to the start of each session.

The Y reserves the right to combine and/or cancel classes as necessary.

PRIVATE & SEMI-PRIVATE LESSONS

Consist of (5) 25 minute sessions.

Private-Members: \$60 Non-mem: \$110

Semi-Private-Members: \$50 Non-mem: \$95

Please call for instructor availability.

Note: 24 hour notice must be given to reschedule private lesson.



Questions: Please email or call Susan McCann at smccann@grantspassymca.net or 541-474-0001



FALL SWIMMING LESSONS 2020



Grants Pass Family YMCA

1000 Redwood Ave

Grants Pass OR 97527

541-474-0001

www.grantspassymca.org



CLASS SCHEDULE

MON/WED MORNING CLASSES

Preschool - Stage 1 Water Acclimation	10:00am
Preschool - Stage 2 Water Acclimation	10:30am
Stage A Water Discovery and Stage B Water Exploration (combined)	11:00am
Preschool - Stage 3 Water Stamina	11:30am

MON/WED EVENING CLASSES

Preschool - Stage 1 Water Acclimation	5:00pm
School Age - Stage 1 Water Acclimation	5:00pm
Preschool - Stage 2 Water Movement	5:30pm
School Age - Stage 2 Water Movement	5:30pm
Stage A Water Discovery and Stage B Water Exploration (combined)	6:00pm
Stage 6 Stroke Mechanics (Mon only)	6:00pm (50min)
Stage 5 Stroke Development (Wed Only)	6:00pm (50min)
Preschool Stage 3 Water Stamina	6:30pm

TUES/THURS EVENING CLASSES

Advanced Swim Club 1	3:30pm (45min)
Advanced Swim Club 2	4:15pm (45min)
Preschool - Stage 1 Water Acclimation	4:00pm
School Age - Stage 1 Water Acclimation	4:00pm
Preschool - Stage 2 Water Movement	4:30pm
School Age - Stage 2 Water Movement	4:30pm
Preschool - Stage 3 Water Stamina	5:00pm
Stage 4 Stroke Intro (Tues only)	5:00pm (50min)
Stage 3 Water Stamina (Thurs only)	5:00pm (50min)
Preschool Stage 4 Stroke Intro	5:30pm

SATURDAY CLASSES

*All Saturday classes are for school age kids.

Stage 1 Water Acclimation	9:00am (50min)
Stage 2 Water Movement	10:00am (50min)
Stage 3 Water Stamina	10:00am (50min)
Stage 4 Stroke Intro	11:00am (50min)
Stage 5 Stroke Development	11:00am (50min)

STRONG SWIMMERS

CONFIDENT KIDS!

6 MONTHS TO 3 YEARS

STAGE A-WATER DISCOVERY (PARENT/TOT)

Blowing bubbles: on surface; Front tow: chin in water; Water entry & exit: parent & child together; Back float: assisted; Roll: assisted; Front float: chin in water, assisted; Back tow: head on shoulder; Wall grab: assisted

STAGE B-WATER EXPLORATION (PARENT/TOT)

Blow bubbles: mouth & nose submerged; Front tow: blow bubbles; Water entry & exit; Front & Back float; Roll: front to back Front float: assisted; Back tow: Monkey crawl: assisted, on edge

3 TO 5 YEARS OF AGE

PRESCHOOL STAGE 1 WATER ACCLIMATION

Submerge: independently; Front glide; Water exit: independently; Jump, push, turn, grab: assisted; Back & front float: 10 seconds, recover independently; Roll: front to back, assisted; Back glide: assisted; Swim, float, swim: assisted

PRESCHOOL STAGE 2 WATER MOVEMENT

Submerge: look at object on bottom; Front glide: 10 ft; Water exit: independently; Jump, push, turn, grab; Back & front float: 20 secs; Roll; Back glide: 10 ft.; Tread water: 10 seconds, near wall, & exit; Swim, float, swim: 5 yd

PRESCHOOL STAGE 3 WATER STAMINA

Submerge: retrieve object in chest-deep water; Swim on front: 10 yd; Water exit: independently; Jump, swim, turn, swim, grab: 10 yd; Swim on back: 10 yd; Roll; Tread water: 30 secs & exit 30 secs; Swim, float, swim: 5 yd

PRESCHOOL STAGE 4

Endurance: any stroke or combination of strokes, 25 yd; Front crawl: rotary breathing, 15 yd; Back crawl: 15 yd; Dive: sitting; Resting stroke: elementary backstroke, 15 yd; Tread water: scissor & whip kick, 1 min; Breaststroke: kick, 15 yd; Butterfly: kick, 15 yd

AGES 6 AND OVER

STAGE 1 WATER ACCLIMATION

Submerge: independently; Front glide; Water exit: independently; Jump, push, turn, grab: assisted; Back & front float: 10 seconds, recover independently; Roll: front to back, assisted; Back glide: assisted; Swim, float, swim: assisted

STAGE 2 WATER MOVEMENT

Submerge: look at object on bottom; Front glide: 10 ft; Water exit: independently; Jump, push, turn, grab; Back & front float: 20 secs; Roll; Back glide: 10 ft.; Tread water: 10 seconds., near wall, & exit; Swim, float, swim: 5 yd.

STAGE 3 WATER STAMINA

Submerge: retrieve object in chest-deep water; swim on front: 15 yd; Water exit: independently; Jump, swim, turn, swim, grab: 10 yd; Swim on back: 15 yd; Roll; Tread water: 1 min. & exit; Swim, float, swim: 25 yd.

STAGE 4 STROKE INTRODUCTION

Endurance: any stroke or combination of strokes, 25 yd; Front crawl: rotary breathing, 15 yd; Back crawl: 15 yd; Dive: sitting; Resting stroke: elementary backstroke, 15 yd; Tread water: scissor & whip kick, 1 min; Breaststroke: kick, 15 yd; Butterfly: kick, 15 yd

STAGE 5 STROKE DEVELOPMENT

Endurance: any combination of strokes, 50 yd; Front crawl: 25 yd; Back crawl: 25 yd; Dive: (Kneeling) Resting stroke: 25 yd; Tread water: 2 mins; Breaststroke: 25 yd; Butterfly: 15 yd.

STAGE 6 STROKE MECHANICS

Endurance: any combination of strokes, 150 yd; Front crawl: flip turn, 50 yd; Back crawl: flip turn, 50 yd; Dive: standing; Resting stroke: 50 yd; Tread water: retrieve object off bottom, 1 min; Breaststroke: 50 yd; Butterfly: 25 yd.

ADVANCED SWIM CLUB

Swimmers ages 6-18 will focus on stroke technique, endurance, turns, speed and drills. Pre-requisites: Instructor approval; able to competently swim 100 yards of freestyle, back stroke and breast stroke.