

# THE YMCA SWIMMING LESSON PROGRAM

We are very excited for our 2021 swim lessons! We have been undergoing some major changes in our swim department and are pleased to announce that we offer the YMCA Swim Lesson Curriculum.

This program 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. This results in more confident swimmers who stick with lessons and develop a love for swimming that



Questions: Please email or call  
Susan McCann, Swim Instruction Coordinator  
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541-474-0001

## SUMMER SESSION DATES & TIMES

### Evening & Saturday Sessions:

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

Session 6– June 1-June 26

Session 7– June 28-July 24

Session 8- July 26-August 28

### Monday-Thursday Morning Sessions:

(8) 25 minute classes, for 2 weeks.

Session A - June 14-24

Session B - June 28-July 8

Session C - July 12-22

Session D - July 26-Aug 5

Session E - Aug 16-26

Members: \$40 Non-members: \$70

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

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

\*Registration in house closes at 12pm on the  
Saturday. Online closes at 1pm Sunday.

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

### PRIVATE & SEMI-PRIVATE LESSONS

#### Private Swim Lessons:

(1) 25 min session : \$20; Non-mem \$45

(5) 25 min sessions: \$75; Non-mem \$125

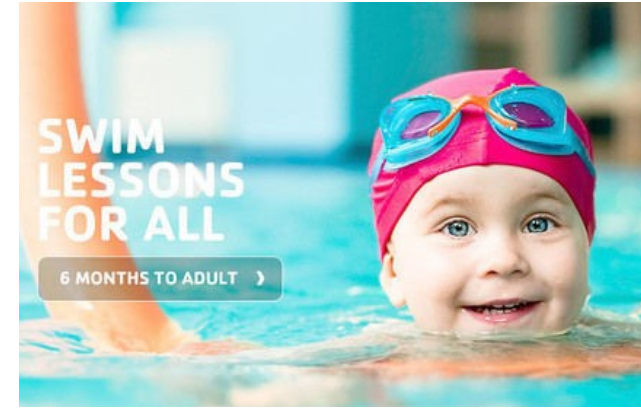
(10) 25 min sessions: \$130; Non-mem \$230

#### Semi-Private :

(5) 25 min session: \$60; Non-mem \$125

(10) 25 min session : \$100; Non-mem \$200

Please call for instructor availability.



# SUMMER SWIMMING LESSONS 2021



## Grants Pass Family YMCA

1000 Redwood Ave  
Grants Pass OR 97527

541-474-0001

[www.grantspassymca.org](http://www.grantspassymca.org)



## CLASS SCHEDULE

### M-TH MORNING CLASSES

Preschool & School Age Stage 1	10:00am
Preschool & School Age Stage 2	10:30am
Stage A Water Discovery and Stage B Water Exploration (combined)	11:00am
School Age - Stage 3 Water Stamina	11:00am
Preschool - Stage 3 Water Stamina	11:30am
Preschool - Stage 4 Stroke Introduction	11:00am
School Age - Stage 5 Development	11:30am
School Age - Stage 6 Mechanics	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	6:00pm
Stage 5 - Stroke Development	6:30pm
Preschool Stage 3 - Water Stamina	6:30pm

### TUES/THURS EVENING CLASSES

Aquatic Conditioning (45mins)	3:15pm
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	5:00pm
Stage 3 Water Stamina	5:00pm
Preschool Stage 4 Stroke Intro	5:30pm

### SATURDAY CLASSES

\*All Saturday classes are for school age kids.

Stage 1 Water Acclimation	9:00am (50 min)
Stage 3 Water Movement	10:00am (50 min)
Stage 3 Water Stamina	10:00am (50 min)
Stage 4 Stroke Intro	10:00am (50 min)
Stage 5 / 6 Development/Mechanics	11:00am (50 min)

## CLASS DESCRIPTIONS

### **SWIM STARTERS**

#### **STAGE A: WATER DISCOVERY**

##### **(PARENT/TOT)**

Parents accompany children in the class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about water.

#### **STAGE B: WATER EXPLORATION**

##### **(PARENT/TOT)**

Parents are guided to work with their child to explore body positions, floating, blowing bubbles, fundamental safety and aquatic skills.

### **SWIM BASICS**

#### **STAGE 1: WATER ACCLIMATION**

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

#### **STAGE 2: WATER MOVEMENT**

Children are taught skills that focus on body position, control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

#### **STAGE 3: WATER STAMINA**

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

### **SWIM STROKES**

#### **STAGE 4: STROKE INTRODUCTION**

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the front crawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes, and practice safety techniques in deep water.

#### **STAGE 5: STROKE DEVELOPMENT**

Students continue to work on their stroke technique and all major competitive strokes are introduced. Swimmers will develop stamina in the front crawl and backcrawl strokes, learn the breaststroke and butterfly strokes and build endurance in their techniques for deep water safety.

#### **STAGE 6: STROKE MECHANICS**

Students refine their stroke technique on all major competitive strokes and learn about competitive swimming. Swimmers will develop endurance in the competitive strokes, learn skills related to competitive swimming like racing starts and flip turns and enhance their techniques and build endurance in deep water.

#### **AQUATIC CONDITIONING**

##### **(Formally 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.

## **STRONG SWIMMERS CONFIDENT KIDS**