



# OAK PARK YMCA

## Swim Lesson Schedule - Fall 2 2017

Mon	Tues/Thurs	Sat
Oct. 23-Dec. 4	Oct. 24- Dec. 7 (No class Tuesday Oct. 31 or Thursday Nov. 23)	Oct. 28-Dec. 9 (No Class Saturday, Nov. 25)

### PARENT/CHILD LEVELS (6 months-3 years)

Parents or other care-providers accompany children in the water for levels A, B and 1T.

<b>A</b> WATER DISCOVERY			11:00-11:30 AM with Sarah
<b>B</b> WATER EXPLORATION			
<b>1T</b> WATER ACCLIMATION		10:10-10:40 AM with Cassie (Class Meets on Thursday only for 5 weeks, no class Nov. 23)	

### PRE-SCHOOL-AGED LEVELS (3-5 years)

Students must be fully potty trained and comfortable without a parent in the water.

<b>1PS</b> WATER ACCLIMATION	5:30-6:00 PM with Sarah 6:10-6:40 PM with Sarah	5:45-6:15 PM with Sarah	9:00-9:30 AM with Sarah
<b>2PS</b> WATER MOVEMENT	5:30-6:00 PM with Tasha 6:50-7:20 PM with Sarah	5:45-6:15 PM with Aaron	9:40-10:10 AM with Sarah
<b>3PS</b> WATER STAMINA	6:10-6:40 PM with Tasha	6:25-6:55 PM with Sarah	10:20-10:50 AM with Sarah
<b>4PS</b> STROKE INTRODUCTION	6:50-7:20 PM with Tasha	6:25-6:55 PM with Sarah	10:20-10:50 AM with Sarah

### SCHOOL-AGED LEVELS (6-10 years)

<b>1SA</b> WATER ACCLIMATION	5:30-6:00 PM with Aaron	6:25-6:55 PM with Aaron	9:00-9:30 AM with Aaron
<b>2SA</b> WATER MOVEMENT	6:10-6:40 PM with Aaron	7:05-7:35 PM with Aaron	9:40-10:10 AM with Aaron
<b>3SA</b> WATER STAMINA	6:50-7:20 PM with Aaron	7:45-8:15 PM with Aaron	10:20-10:50 AM with Aaron
<b>4SA</b> STROKE INTRODUCTION	6:50-7:20 PM with Aaron	7:45-8:15 PM with Aaron	10:20-10:50 AM with Aaron
<b>5SA</b> STROKE DEVELOPMENT			11:40 AM-12:25PM with Aaron
<b>6SA</b> STROKE MECHANICS			11:40 AM-12:25 PM with Aaron

## Swim Lesson Fees

<b>Mon./Wed./Sat. Member</b>	<b>\$35.00</b>	<b>Tues. &amp; Thurs. Member</b>	<b>\$70.00</b>
<b>Non-Member</b>	<b>\$55.00</b>	<b>Non-Member</b>	<b>\$110.00</b>

\*\*M/W/S classes are 6 week sessions 1X/week (6 classes)

\*\*\*T/Th classes are a 7week session 2X/week (12 classes) with time off for the holidays



# Program Overview

## SWIM STARTERS

Parent\* & child lessons

### A Water Discovery



Introduces infants and toddlers to the aquatic environment

### B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

### Outcomes

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.

## SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

### 1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

### 2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

### 3 Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

### Outcomes

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

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

### 5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

### 6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

### Outcomes

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.

## PATHWAYS

Specialized tracks

### Competition



### Leadership



### Recreation



### Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

\*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.