

JOHN E ALEXANDER | SOUTH WOOD COUNTY YMCA

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AQUATICS



SWIMMING LESSONS



STAGE DESCRIPTIONS

SWIM STARTERS

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.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

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



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

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.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

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SESSION DATES

Fall 1: Sept 5 – Oct 21 Registration opens August 25 | \$28 Member / \$56 Non-Member

Fall 2: Oct 30 – Dec 16 Registration opens October 13 | \$28 Member / \$56 Non-Member

Winter: Jan 8 – Feb 24 Registration opens December 15 | \$28 Member / \$56 Non-Member

***For Specific Class Dates, Times, & Registration, visit our Website:**

swcymca.org/swimming/swimming-lessons/

Critical skills needed to pass each level

Parent/Child Stages A/B

No skills needed, but they need to be 3 years old by start date of next session

Stage 1

Fully submerge, independently

Assisted front floats

They should be comfortable with putting their face in the water

Assisted back floats

They should be comfortable with having their ears in the water

Stage 2

Front and Back floats; 10–20 seconds, independently

Roll from front to back, and back to front, independently

Swim on front with face in the water, take a breath and continue swimming, independently

Swim on back, independently

Stage 3

25-yard swim, float, swim

A full length of the lap pool

Swim on front, with face in the water, 15 yards

Approximately the length of the rec pool

Tread water, 1 minute

Stage 4

Swim 25 yards of a real stroke, or combination of strokes

A full length of the lap pool

Swim 15 yards of each

Approximately the length of the rec pool

Front crawl, with rhythmic breathing

Faces in the water, bubbles blown

Back crawl

Elementary backstroke

Dolphin kick

Breaststroke kick

1-minute treading water

Stage 5

Swim 50 yards of a real stroke, or combination of strokes

Swim 25 yards of each

Front crawl

Back crawl

Sidestroke

Breaststroke

15 yards of Butterfly

2 minutes of treading water

Stage 6

Swim 150 yards of any real stroke or combination

Swim 50 yards of each

Front crawl with a flip turn

Back crawl with a flip turn

Sidestroke or Elementary Backstroke

Breaststroke

25 yards of Butterfly

WATER AEROBICS

Workout to fun routines while staying cool. A low to moderate intensity workout using the water's resistance to stretch, tone, and strengthen. Use hand weights, balls, noodles, frisbees, and more, for a great workout!

Ages: 13 & Older or 11 & 12 years with an adult

Member: \$2 per class hour

Non-Member: \$4 per class hour

Monday Options: 8am, 10am, 1pm & 5:30pm

Tuesday Options: 11am

Wednesday Options: 8am, 10am, 1pm & 5:30pm

Thursday Options: 11am

Friday Options: 8am, 10am & 1pm

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PRE-TEAM This is a great option for those not able to swim a full 25-yards of Freestyle!

Sept 12 – Oct 19 | Tues/Thurs 6:15 – 7:15pm

\$60 Member/\$96 Non-Member

Nov 2 – Dec 12 | Tues/Thurs 6:15 – 7:15pm

\$60 Member/\$96 Non-Member

Jan 9 – Feb 15 | Tues/Thurs 6:15 – 7:15pm

\$60 Member/\$96 Non-Member

AGES 10 & UNDER Must be a member of the SWC YMCA

Sept 11 – March 7 | Mon/Tues/Thurs 5:00 – 6:00pm | \$360 In-Full OR \$60 Per Month

AGES 11 & 12 Must be a member of the SWC YMCA

Sept 11 – March 7 | Mon/Tues/Wed/Thurs 5:00 – 6:30pm | \$456 In-Full OR \$76 Per Month

AGES 13 & Older Must be a member of the SWC YMCA

Sept 11 – March 7 | Mon/Tues/Wed/Thurs/Fri 5:00 – 7:00pm | \$528 In-Full OR \$88 Per Month

NEW SWIMMER WEEK

Sept 5-7 | Oct 23-26 | Dec 18 & 19 | 6:15 – 7:15pm | NO FEE