



CONFIDENCE IN THE WATER

Progressive Swim Lessons

SWIM LESSON DATES & TIMES

	BELLINGHAM			LYNDEN	
DAYS	Mon & Wed 8 lessons <small>**session prorated, 6 lessons</small>		Saturday 8 lessons <small>**6 lessons, no 11/29</small>	Tues & Thurs 8 lessons <small>**session prorated, 6 lessons</small>	Saturday 8 lessons <small>**6 lessons, no 11/29</small>
DATES	Sept. 9 – Oct. 2 Oct. 7 – 30 Nov. 4 – 20** Dec. 2 – 18**		Sept. 14 – Nov. 2 Nov. 9 – Dec. 21**	Sept. 10 – Oct. 3 Oct. 8 – 31 Nov. 5 – 21** Dec. 3 – 19**	Sept. 14 – Nov. 2 Nov. 9 – Dec. 21**
Level A & B (6-36 months, w/parent)	Sept. & Oct. 9:30-10am 5-5:30pm	Nov. & Dec. 9:30-10am 4-4:30pm	9:30-10:00am	10:00-10:30am 5:00-5:30pm	10:00-10:30am
Level 1 (3-5 years)	Sept. & Oct. 10-10:30am 6-6:30pm	Nov. & Dec. 10-10:30am 4:30-5pm	10:00-10:30am	10:30-11:00am* <small>*Level 1-2 combo 5:00-5:30pm</small>	10:30-11:00am* <small>*Level 1-2 combo</small>
Level 2 (3-5 years)	Sept. & Oct. 5:30-6pm	Nov. & Dec. 5-5:30pm 6-6:30pm* <small>*Level 1-2 combo</small>	10:30-11:00am	10:30-11:00am* <small>*Level 1-2 combo 5:30-6:00pm</small>	10:30-11:00am* <small>*Level 1-2 combo</small>
Levels 3 & 4 (3-5 years)	Sept. & Oct. 5:30-6pm	Nov. & Dec. 5-5:30pm	11:30am-12:00am	11:00-11:30am 5:30-6:00pm	11:30am-12:00pm
Levels 5 & 6 (3-5 years)	Sept. & Oct. 5-5:30pm		10:00-10:30am* <small>*Ages 3-11 years</small>	6:00-6:30pm	12:00-12:30pm* <small>*Ages 3-11 years</small>
Level 1 & 2 (6-11 years)	Sept. & Oct. 5-5:30pm 5:30-6pm	Nov. & Dec. 5:30-6pm	11:00-11:30am	6:30-7:00pm	11:00-11:30am
Levels 3 & 4 (6-11 years)	Sept. & Oct. 5:30-6pm	Nov. & Dec. 5:30-6pm	12:00-12:30pm	6:00-6:30pm	12:00-12:30pm
Levels 5 & 6 (6-11 years)	Sept. & Oct. 5-5:30pm	Nov. & Dec. 5:30-6pm	10:00-10:30am* <small>*Ages 3-11 years</small>	6:30-7:00pm	12:00-12:30pm* <small>*Ages 3-11 years</small>
YMCA Members	\$55		\$55	\$55	\$55
Program Members	\$70		\$70	\$70	\$70

WHATCOM FAMILY YMCA

Bellingham Program Center
 1256 N. State St, Bellingham
 360-733-8630

www.whatcomymca.org

Lynden Program Center
 100 Drayton St, Lynden
 360-354-5000



SWIM LESSON OVERVIEW

The purpose of the YMCA swim lesson program is to develop competency in swimming, along with confidence and endurance. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his/her level.

We expect each child to learn and progress at their own rate. Therefore, please don't be discouraged if your child doesn't complete all the skills within their level during any one session. Your child needs to know that it is acceptable to take as much time as is necessary to master the skills.

The YMCA uses small groups, individual programming, guided discovery and problem solving to communicate the skills of swimming. Instructors create a student-centered rather than teacher-centered atmosphere in the class. Our aquatic staff hopes that your family will participate in all of our swim programs. If you have any questions, please contact the Aquatics Director, 360-255-0637

RULES & REQUIREMENTS

1. Please keep children away from the edge of the pool until the instructor is with them.
2. Children 5 and younger can accompany opposite gender adult into locker to help with dressing/showering. If children over 6 need assistance, the public bathroom in the lobby may be used.
3. Please make sure your child has a towel and proper swimming attire. Swim diapers are required if not toilet trained. No cotton material.
4. No gum, candy or food on the pool deck or in the pools.
5. Encourage children to use the restroom before beginning class.
6. Please resist going to your child even if they are crying or misbehaving. This is the time the instructor needs to develop trust and set disciplinary boundaries, parental interruption makes this task more difficult.
7. Please shower before entering the pools.
8. No shoes allowed on the pool deck.

YMCA SWIM LESSON OVERVIEW

SWIM STARTERS Parent* & Child Lessons

A
Water
Discovery

Introduces infants & toddlers to the aquatic environment

B
Water
Exploration

Focuses on exploring body positions, & fundamental safety & aquatic skills

SWIM BASICS (Safety Around Water) Recommended skills for all to have around water

1
Water
Acclimation

Increases comfort with underwater exploration & introduces basic self-rescue skills

2
Water
Movement

Encourages forward movement in water & basic self-rescue skills

3
Water
Stamina

Develops intermediate self-rescue skills performed at longer distances

SWIM STROKES Skills to support a healthy lifestyle

4
Stroke
Introduction

Introduces basic stroke technique in front crawl & back crawl & reinforces water safety

5
Stroke
Development

Introduces breast stroke & butterfly & reinforces water safety through treading water

6
Stroke
Mechanics

Refines stroke technique on all major competitive strokes