



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

11/11

SWIM PROGRAMS FOR AGES 2 ½ - 3 AND AGES 3 - 4

At the Y, we believe the ability to swim is a critical life skill for every child and teen. In swim lessons, we use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Qualified instructors meet kids at their own level, help families set achievable goals and celebrate all successes. During all swim lessons, children will find opportunities to learn stroke development, personal safety, water sports, rescue and personal growth while incorporating the YMCA core values (Caring, Honesty, Respect & Responsibility).

1. 2 ½ - 3 YEAR OLD SWIM LEVEL

goldfish:

An introduction to the 3-4 year old swim lessons. Water games, songs and fun are emphasized in this water adaptation class. *This is without a parent. Pre-requisite: must have taken a parent/child class prior to enrollment.

2. 3 - 4 YEAR OLD SWIM LEVELS

waterbug:

Little or no water experience necessary. Class will focus on ability to move through the water with confidence. Front and back floats and putting their face in the water are just a few of the skills learned at this level.

pike:

Class will focus on entering the pool safely, back/front float with support, submerging entire head, jumping into the pool independently with comfort, swim on front and back with support.

eel:

Class will focus on beginning to swim independently. Rhythmic breathing, jumping into the water independently and performing front/back glides and floats without support.

ray:

Class will focus on building confidence, independent front and back crawl, elementary backstroke and sidestroke, kicking and an introduction to deep water and breaststroke.

3. How fast will my child learn to swim?

Learning to swim is an individual matter. Some children are very reluctant to put their faces in the water, so we initially work to build their comfort level. Learning skills is determined by a child's enthusiasm, coordination, cooperation and strength. We help them feel good about their progress, regardless of their ability level.

4. Will I receive a progress report?

At the conclusion of each session of classes all children receive a Progress Report. This report indicates whether they have completed skill work at their current level or that they need additional work.

5. Will I be able to observe my child during class?

Broadview YMCA:	Parents may view from the balcony.
West Side & East Side YMCAs:	Parents may view from the glass viewing areas.
Downtown YMCA:	Parents may observe during Parents Observation Week , the last week of classes.

Please remain seated because children progress more rapidly when they are less aware of their parents' presence and can concentrate on their teacher's instructions.

6. Will I be able to take pictures or video record my child?

At Broadview, East Side and the West Side YMCAs, **Parent's Observation Week** (last week of class) includes the opportunity to be on deck to take pictures and videos. During observation week at the Downtown YMCA, parents are allowed to remain on deck to take pictures or video for the entire class, since there is no other observation area at this center. Sorry, for safety's sake, no siblings or other children are allowed to be on deck. During East Side observation week, for safety reasons, parents are asked to stay by the sauna wall during free time.

7. Who do I talk with if I have questions or comments?

Ask the front desk to help you contact the Aquatics Director/Coordinator at your facility. You may also contact the phone numbers listed below.

8. May I leave the building while my child is in class?

Parents are strongly encouraged to remain in the building while their children are in class. Our teachers may have another class to teach, so parents are responsible for their child at the conclusion of class.

9. How do you insure the safety of the children?

The children are taught safety rules that are strictly enforced. The children also meet "Sammy", the Safety Seal, whose presence helps to reinforce the importance of swimming safely.

10. What if we miss a class?

To ensure maximum program quality and safety, and to maintain the appropriate instructor/student ratio, make-up classes are not available. However, for extended medical absences, with doctor's verification, a credit will be given.

Have a wonderful time in class, and please let our staff know if we can be of assistance to you at any time!

Broadview 436-9589

Downtown 436-9672

West Side 436-9518

East Side 436-1246

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership for All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.