



# SWIM LESSON SCHEDULE

March 1st-27th (Members Only)  
4 Week Session

Members: \$28  
Staff: \$14

MONDAY	
Class (Ages)	Time (PM)
Parent & Child Stage A/B (6m-3yrs)	5:00-5:30
Preschool/Stage 1/2 (3-5)	5:45-6:15
Preschool/Stage 3/4 (3-5)	6:30-7:00
School Age/Stage 1/2 (5-12)	5:00-5:30
School Age/Stage 3/4 (5-12)	5:45-6:15
School Age/Stage 5/6 (5-12)	6:30-7:00

SATURDAY	
Class (Ages)	Time (AM)
Parent & Child Stage A/B (6m-3yrs)	9:00-9:30
Preschool/Stage 1/2 (3-5)	9:45-10:15
Preschool/Stage 3/4 (3-5)	10:30-11:00
School Age/Stage 1/2 (5-12)	9:00-9:30
School Age/Stage 1/2 (5-12)	11:15-11:45
School Age/Stage 3/4 (5-12)	9:45-10:15
School Age/Stage 5/6 (5-12)	10:30-11:00
Teen/Adult Lesson (13+)	11:15-12:00

WEDNESDAY	
Class (Ages)	Time (PM)
Preschool/Stage 1/2 (3-5)	5:00-5:30
Preschool/Stage 3/4 (3-5)	6:30-7:00
School Age/Stage 1/2 (5-12)	5:45-6:15
School Age/Stage 3/4 (5-12)	5:00-5:30
School Age/Stage 5/6 (5-12)	5:45-6:15
Teen/Adult Lesson (13+)	6:30-7:15

FOR PROGRAM DESCRIPTIONS PLEASE  
VISIT THE YMCA WEBSITE AT  
[www.ymcamke.org](http://www.ymcamke.org)

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10-15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

**SWIM STAGES**

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.

In Stage B, parents work with their children to explore body positions, and fundamental safety and aquatic skills.

**SWIM BASICS**

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.

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.

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**

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.

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.

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.