



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS

## AT LOUISVILLE AREA YMCA

## FALL 2 NOVEMBER 2 - DECEMBER 19



### PRESCHOOL SWIM LESSONS

**Ages 3 Years–Kindergarten**

#### Monday

- Stage 1: 5:40pm
- Stage 1: 5:40pm
- Stage 2: 5:40pm
- Stage 2: 6:20pm
- Stage 3: 6:20pm
- Stage 4: 6:20pm

#### Tuesday

- Stage 1: 5:40pm
- Stage 2: 5:40pm

#### Thursday

- Stage 1: 5:40pm
- Stage 1: 5:40pm
- Stage 2: 5:40pm
- Stage 2: 6:20pm
- Stage 3: 6:20pm
- Stage 4: 6:20pm

#### Saturday

- Stage A: 10:00am
- Stage 1: 10:00am

### SCHOOL AGE SWIM LESSONS

**Ages 1st Grade & Up**

#### Monday

- Stage 1: 7:00pm
- Stage 2: 7:00pm
- Stage 4: 7:00pm

#### Tuesday

- Stage 5: 6:20pm
- Stage 6: 6:20pm

#### Wednesday

- Stage 1: 10:00am
- Stage 2: 10:35am

#### Thursday

- Stage 1: 7:00pm
- Stage 2: 7:00pm
- Stage 3: 7:00pm

### SWIM LESSONS GUIDELINES:

**7 week session**

**Classes will be 3 swimmers to 1 instructor**

**Classes will be cancelled for low enrollment**

**Each swim class will be 30 minutes**

**Swim instructor will have a faceshield**

**Please bring swimmers with suits on**

**Registration:**  
**YMCA Members October 19th**  
**Community Members October 22nd**

**Fee:**  
**YMCA Member: \$49**  
**Community Members \$77**

The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills.

**LOUISVILLE AREA Y AQUATICS DEPARTMENT**

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# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## 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 the 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**

If you're having trouble deciding which stage is right for you, contact the Aquatics Department for a free swim evaluation.