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SAFE SWIMMERS START HERE

2017 Fall Swim Lessons MARSHALLTOWN YMCA-YWCA

PARENT TIPS

- Register in person at the Y or go online to www.ymca-ywca.org for class descriptions and registration
- Please contact Shelley Lechnir, Aquatic Director for questions regarding placement in a level: shelley.lechnir@ymca-ywca.org or 641-752-8658
- Preschool class is for ages 3-5. School aged class is for age 6 and up.
- All swimmers progress at an individual pace. Some may need to repeat a level.

MARSHALLTOWN YMCA-YWCA
108 Washington St, Marshalltown, IA 50158
P 641 752 8658 www.ymca-ywca.org

Session Dates

- Fall 1:** August 28—September 24
- Fall 2:** September 25—October 22
- Fall 3:** October 23—November 19
- Fall 4:** November 27—December 24

8-week sessions begin Fall 1 & Fall 3

Fees

- One time per week (8 weeks)**
- Two times per week (4 weeks)**
- Rate - \$56
- Y member - \$28

SCHEDULE

*Indicates 8-week session

Water Discovery/ Water Exploration

Wednesday 6:30-7:00 p.m. *

Preschool-Level 1

- M/W 9:15-10:00 a.m.
- M/W 4:30-5:15 p.m.
- M/W or TH* 6:10-6:55 p.m.
- SAT 8:30-9:15 a.m. *

Preschool-Level 2

- M/W 4:30-5:15 p.m.
- M/W 5:20-6:05 p.m.
- SAT 9:20-10:05 a.m. *

Preschool-Level 3

- M/W 10:05-10:50 a.m.
- M/W 5:20-6:05 p.m.
- M/W 6:10-6:55 p.m.

Preschool-Level 4

- M/W 4:30-5:15 p.m.

Preschool-Level 5

- M/W 5:20-6:05 p.m.

Registration

First date listed is for Y Members;
second date is for program members
Register online or in person.
Fall 1: July 31; Aug 2
Fall 2: Sept 18; Sept 20
Fall 3: Oct 16; Oct 18
Fall 4: Nov 13; Nov 15

Private Lessons

Rate - \$72
Y member - \$50
Students will purchase a private lesson punch
card worth 4 -30 minute lessons

School Age-Level 1

- T/TH 4:30-5:15 p.m.
- SAT 8:30-9:15 a.m. *

School Age-Level 2

- T/TH 5:20-6:05 p.m.
- T/TH 6:10-6:55 p.m.

School Age-Level 3

- SAT 9:20-10:05 a.m. *

School Age-Level 4

- T/TH 4:30-5:15 p.m.
- SAT 8:30-9:20 a.m. *

School Age-Level 5

- T/TH 5:20-6:05 p.m.
- SAT 9:20-10:05 a.m. *

School Age-Level 6

- SAT 9:20-10:05 a.m. *

Home School Swim Club

- MON 3:00-3:45 p.m. *

DESCRIPTIONS

Swim Starters Aquatic Program

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.

Stage Descriptions:

A / Water Discovery Introduces infants and toddlers to the aquatic environment.

B / Water Exploration Focuses on exploring body positions, blowing bubbles, and fundamental

* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Specialty Classes and Programs

Swimmers who love the water and want further instruction for future aquatics activities enjoy participating in our Specialty Programs focused on leadership, competition, and recreation.

We continually develop our specialty program curriculum. Please check the Y website for updates: www.ymca-ywca.org.

Home School Swim Club

This multi-level class is available to any home school student. Swimmers practice strokes, basic water safety and skills.

Swim Basics for Preschool and School Age

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—and **jump, push, turn, grab**.

In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

Stage Descriptions:

1 / Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 / Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3 / Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM LESSON CANCELLATION POLICY

The Marshalltown YMCA-YWCA reserves the right to combine class levels, or cancel classes for insufficient enrollment. In the event of a cancelled session, system credit will be given. Classes missed due to weather will not be made up or refunded.

Swim Strokes for Preschool and School Age

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.

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Stage Descriptions:

4 / Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 / Stroke Development Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

6 / Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.