## 2021 Summer Swim Lessons Schedule

**Marshalltown YMCA–YWCA**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Water Acclimation</th>
<th>Water Movement</th>
<th>Water Stamina</th>
<th>Stroke Introduction</th>
<th>Stroke Development</th>
<th>Stroke Mechanics</th>
<th>Water Discovery/ Water Exploration</th>
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</thead>
<tbody>
<tr>
<td><strong>Cost</strong></td>
<td>$32 Y Members $44 Program Members</td>
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<tr>
<td><strong>Stage Dates</strong></td>
<td>May 31 – Members June 2—Program Members</td>
<td>June 14 – Members June 16 – Program Members</td>
<td>June 28 – Y Members June 30 – Program Members</td>
<td>July 12 – Y Members July 14 – Program Members</td>
<td>May 31 – Members June 2—Program Members</td>
<td>June 28 – Y Members June 30 – Program Members</td>
<td>May 31 – Members June 2—Program Members</td>
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<tr>
<td><strong>Registration Dates</strong></td>
<td>June 07–17 Mon-Thur</td>
<td>June 21–July 1 Mon-Thur</td>
<td>July 5–15 Mon-Thur</td>
<td>July 19–29 Mon-Thur</td>
<td>June 7–30 M/W</td>
<td>July 5–28 M/W</td>
<td>June 8–July 31 Mon–Thur or Sat only</td>
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<tr>
<td><strong>Time</strong></td>
<td>9:15–10a.m. 9:15–10a.m.</td>
<td>10:15–11a.m. 10:15–11a.m.</td>
<td>9:15–10a.m. 9:15–10a.m.</td>
<td>10:15–11a.m. 10:15–11a.m.</td>
<td>4:30–5:15p.m. 6:30–7:15m.</td>
<td>4:30–5:15p.m. 6:30–7:15m.</td>
<td>4:30–5:15p.m. TH 4:30–5:15p.m. SAT 8:30–9:15a.m.</td>
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<tr>
<td><strong>Day Camp Swim Club</strong></td>
<td>W 12–12:45p.m.</td>
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</tbody>
</table>
STRONG SWIMMERS  
CONFIDENT KIDS  
MARSHALLTOWN YMCA-YWCA

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.

Y swim instructors are nationally certified. Their training includes CPR, AED and First Aid. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

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
- Stages are for both Preschool and School age children. They are combined.
- All swimmers progress at an individual pace. Some may need to repeat a stage.
- If class is full, please ask to be added to wait list. Classes will be added if possible. (Not a guarantee.)

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.

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

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 safety and aquatic skills.

* 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.

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 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.

Swim Strokes for Preschool and School Age

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