



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA SWIM LESSONS



**Summer 1 Session**  
**Jun 17 – Jul 27, 2024**

**No Lessons July 1st – 6th**

**Group Lessons**

**\$70 Member | \$140 Non-Member**

1 Lesson per Week – Max Ratio 1:5

Swimmer may register for multiple days

**Private Lessons**

**\$190 Member | \$380 Non-Member**

1 Lesson per Week – Ratio 1:1

**MEMBERS REGISTER  
STARTING JUNE 3RD!**



**SWIM LESSON LEVELS**

- Stage A: Water Discovery
- Stage B: Water Exploration
- Stage 1: Water Acclimation
- Stage 2: Water Movement
- Stage 3: Water Stamina
- Stage 4: Stroke Introduction
- Stage 5: Stroke Development

## SESSION OPTIONS

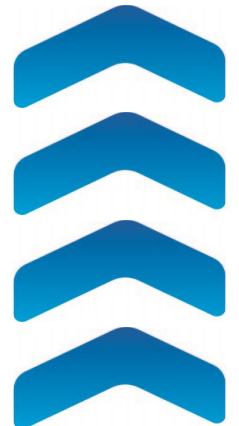
**MONDAY, TUESDAY, WEDNESDAY, OR THURSDAY**

^Safety Around Water is a free program designed for children new to swim lessons. For more info please visit our website.

| 4:00pm                      | 4:30pm                            | 5:00pm                           | 5:30pm                         | 6:00pm                         | 6:30pm                 | 7:00pm                 |
|-----------------------------|-----------------------------------|----------------------------------|--------------------------------|--------------------------------|------------------------|------------------------|
| SAW^<br>5-13yrs<br>Lap Pool | Stage 3<br>5-12yrs<br>Warm Pool   | Stage 2/3<br>3-5yrs<br>Warm Pool | Stage 1<br>3-5yrs<br>Warm Pool | Stage 3<br>5-12yrs<br>Lap Pool | Private<br>Youth/Adult | Private<br>Youth/Adult |
| SAW^<br>5-13yrs<br>Lap Pool | Stage 1/2<br>5-12yrs<br>Warm Pool | Stage 3<br>5-12yrs<br>Warm Pool  | Stage 4<br>5-12yrs<br>Lap Pool | Stage 5<br>5-12yrs<br>Lap Pool | Private<br>Youth/Adult | Private<br>Youth/Adult |

## SATURDAY SESSION OPTIONS

| 9:00am   | 9:30am                         | 10:00am                          | 10:30am                        | 11:00am                        | 11:30am                           |
|--|--------------------------------|----------------------------------|--------------------------------|--------------------------------|-----------------------------------|
| Stage A/B<br>(Parent*/Child)<br>6mos - 3yrs<br>Warm Pool | Stage 1<br>3-5yrs<br>Warm Pool | Stage 2/3<br>3-5yrs<br>Warm Pool | Stage 4<br>5-12yrs<br>Lap Pool | Stage 5<br>5-12yrs<br>Lap Pool | Adult Group<br>13yrs+<br>Lap Pool |
| Private<br>Youth/Adult                                   | Private<br>Youth/Adult         | Private<br>Youth/Adult           | Private<br>Youth/Adult         | Private<br>Youth/Adult         | Private<br>Youth/Adult            |
| Private<br>Youth/Adult                                   | Private<br>Youth/Adult         | Private<br>Youth/Adult           | Private<br>Youth/Adult         | Private<br>Youth/Adult         | Private<br>Youth/Adult            |



\*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

**Simi Valley Family YMCA**

3200 Cochran St., Simi Valley, CA 93065 | 805.583.5338  
www.sevymca.org/swim-lessons | rsaldain@sevymca.org

For more information about each stage, please visit our website!

## STAGE

## DESCRIPTIONS

### SWIM STARTERS

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.



#### A / WATER DISCOVERY

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.



#### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASIC

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
- Jump, push, turn, grab



#### 1 / WATER ACCLIMATION

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 future progress in swimming.



#### 2 / WATER MOVEMENT

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



#### 3 / WATER STAMINA

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

### SWIM STROKES

Having mastered the fundamentals, Students learn additional water safety skills and build stroke technique, developing skills that prevent chronic diseases, increase social – emotional and cognitive well-being, and foster a lifetime of physical activity.



#### 4 / STROKE INTRODUCTION

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.



#### 5 / STROKE DEVELOPMENT

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.



#### 6 / STROKE MECHANICS

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.



### NEXT SESSION:

## SUMMER 2

- ⇒ Registration opens Monday July 15th @ 6:am Online
- ⇒ Wednesday July 17th @ 8am In-house
- ⇒ Non-member Registration opens on Monday July 22nd

Simi Valley Family YMCA

3200 Cochran St., Simi Valley, CA 93065 | 805.583.5338  
www.sevymca.org/swim-lessons | rsaldain@sevymca.org