



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA
SIMI VALLEY FAMILY YMCA

SWIM LESSONS

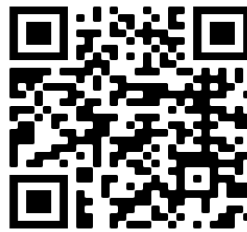
Summer 2 Session Jul 29 – Aug 31, 2024

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



REGISTRATION OPENS
JULY 15TH FOR
MEMBERS!



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^ 5-13yrs Lap Pool	Stage 3 5-12yrs Warm Pool	Stage 2/3 3-5yrs Warm Pool	Stage 1 3-5yrs Warm Pool	Stage 3 5-12yrs Lap Pool	Private Youth/Adult	Private Youth/Adult
SAW^ 5-13yrs Lap Pool	Stage 1/2 5-12yrs Warm Pool	Stage 3 5-12yrs Warm Pool	Stage 4 5-12yrs Lap Pool	Stage 5 5-12yrs Lap Pool	Private Youth/Adult	Private Youth/Adult

SATURDAY SESSION OPTIONS

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



Summer 2 Session Jul 29 – Aug 31, 2024

STINGRAYS

Meets: Monday/Wednesday 6pm–6:45pm

\$100 Member | \$200 Non-Member

Registration Opens:

Members – July 15th

Non Members – July 22nd



EVALUATION

If you'd like to participate in the SEVYMCA Stingrays, please contact the Simi Valley Family YMCA Aquatics Team at rsaldain@sevymca.org to set up an evaluation for your swimmer.

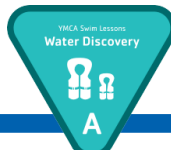
CLASS DESCRIPTION

Stingrays is our newest addition to the YMCA Aquatics program list! Our Pre-Competitive swim class is the perfect on-ramp for aspiring competitive swimmers ages 6–12! During our 6-week session we will focus on refining technique, building endurance & speed, and introducing participants to the exciting world of competitive swimming. Send us an email for more information or to schedule an evaluation today!

STAGE DESCRIPTIONS

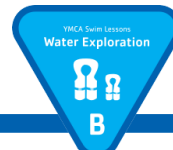
SWIM STARTERS

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.

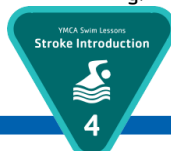


3 / WATER STAMINA

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 arm and leg action.

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.

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