



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA YOUTH SWIM LESSONS



Fall 2 Session
Oct 28 - Dec 14, 2024

No lessons 10/31, 11/25 - 11/30

Thursday lessons will start a week later due to Halloween 11/7 - 12/19/24

REGISTRATION
OPENS OCTOBER 14
FOR MEMBERS!



| Group Lessons |
|---|
| <ul style="list-style-type: none"> • \$84 Member • \$168 Non-Member <p>1 Lesson per Week - Max Ratio 1:5 Swimmer may register for multiple days</p> |

| Private Lessons |
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| <ul style="list-style-type: none"> • \$225 Member • \$450 Non-Member <p>1 Lesson per Week - Ratio 1:1 Swimmer may register for multiple days</p> |

SESSION OPTIONS: MONDAY & WEDNESDAY

| 4:00pm | 4:30pm | 5:00pm | 5:30pm | 6:00pm | 6:30pm | 7:00pm |
|--|---------------------|---------------------|---------------------|--------------------|------------------------|------------------------|
| SAW [^] 5-13yrs (warm pool) | Stage 1 3-5yrs** | Stage 2 3-5yrs** | Stage 4 3-5yrs** | Stage 3 5-13yrs | Private Youth/Adult | Private Youth/Adult |
| | Stage 3 3-5yrs** | Stage 3 5-13yrs | Stage 1 5-13yrs | Stage 2 5-13yrs | Private Youth/Adult | Private Youth/Adult |

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

**Preschool group lessons (ages 3-5) use a ratio of 1:4

[^]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.

TUESDAY & THURSDAY

| 4:00pm | 4:30pm | 5:00pm | 5:30pm | 6:00pm | 6:30pm | 7:00pm |
|--|---------------------|---------------------|---------------------|--------------------|------------------------|------------------------|
| SAW [^] 5-13yrs (warm pool) | Stage 1 3-5yrs** | Stage 3 3-5yrs** | Stage 2 3-5yrs** | Stage 4 5-13yrs | Private Youth/Adult | Private Youth/Adult |
| | Stage 2 3-5yrs** | Stage 4 5-13yrs | Stage 1 5-13yrs | Stage 5 5-13yrs | Private Youth/Adult | Private Youth/Adult |

SATURDAY

| 9:00am | 9:30am | 10:00am | 10:30am | 11:00am | 11:30am |
|---|---|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| Stage A/B (Parent*/Child) 6mos - 3yrs | Stage A/B (Parent*/Child) 6mos - 3yrs | Stage 1 5-13yrs | Stage 2 5-13yrs | Adult 1 Group 14yrs+ | Adult 2 Group 14yrs+ |
| Stage 1 3-5yrs** | Stage 2 3-5yrs** | Stage 1 3-5yrs** | Stage 3 3-5yrs** | Stage 3 5-13yrs | Stage 4 5-13yrs |
| Private Youth/Adult 2 SPOTS | Private Youth/Adult 2 SPOTS | Private Youth/Adult 2 SPOTS | Private Youth/Adult 2 SPOTS | Private Youth/Adult 2 SPOTS | Private Youth/Adult 2 SPOTS |

SWIM LESSON LEVELS

FOR STAGE INFORMATION VISIT WEBSITE
 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
 Adult 1: New to Water
 Adult 2: Stroke Development

SIMI VALLEY FAMILY YMCA

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

For more information about please email us at rsaldain@sevymca.org



Fall 2 Session Oct 28 - Dec 14, 2024

No classes Thanksgiving Week 11/25 - 11/30

STINGRAYS

Meets: Wednesday 6pm-6:45pm &
Saturday 12pm-12:45pm

- \$120 Member
- \$240 Non-Member

Registration Opens:
Members - October 14th
Non Members - October 21st

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 5-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!



EVALUATION

If you would like to participate in the SEVYMCA Stingrays, please contact the Simi Aquatics Team at aarsenault@sevymca.org to set up an evaluation for your swimmer.

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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