

# 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

# **Group Lessons**

- \$84 Member
- \$168 Non-Member

1 Lesson per Week – Max Ratio 1:5 Swimmer may register for multiple days

# **Private Lessons**

- \$225 Member
- \$450 Non-Member

1 Lesson per Week - Ratio 1:1 Swimmer may register for multiple days REGISTRATION
OPENS OCTOBER 14
FOR MEMBERS!



# **SESSION OPTIONS:**

# **MONDAY & WEDNESDAY**

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

# **TUESDAY & THURSDAY**

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

# **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	Stage 2	Stage 1	Stage 3	Stage 3	Stage 4
3-5yrs**	3-5yrs**	3-5yrs**	3-5yrs**	5-13yrs	5-13yrs
Private	Private	Private	Private	Private	Private
Youth/Adult	Youth/Adult	Youth/Adult	Youth/Adult	Youth/Adult	Youth/Adult
2 SPOTS	2 SPOTS	2 SPOTS	2 SPOTS	2 SPOTS	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



# 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



# **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.

## 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 schedulean evaluation

# STAGE

# DESCRIPTIONS

# **SWIM STARTERS**

**SWIM BASIC** 

Jump, push, turn, grab

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.

Students learn personal water safety and achieve basic swimming competency by learning two benchmark

Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit



# A / WATER DISCOVERY

Parents accompany children in and toddlers to the aquatic and encourages them to enjoy themselves while learning about the water.



stage A, which introduces infants environment through exploration



**B / WATER EXPLORATION** 

In stage B, parents work with

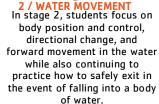
their children to explore body

positions, floating, blowing

bubbles, and fundamental

safety and aquatic skills.

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.



YMCA Swim Lesson Stroke Develor

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

YMCA Swim Lessons 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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