

# YARROW 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

#### **SWIM LESSON LEVELS**

FOR STAGE INFORMATION VISIT WEBSITE

Stage A: Water Discovery
Stage B: Water Exploration
Stage 1: Water Acclimation

Stage 1: Water Accilmation Stage 2: Water Movement Stage 3: Water Stamina

Stage 4: Stroke Introduction

Stage 5: Stroke Development Stage 6\*\*: Stroke Mechanics

REGISTRATION
OPENS:
Members: 10/14/24
Non-Members:

10/21/24



### **SESSION OPTIONS**

**MONDAY & WEDNESDAY** 

4:00pm	4:30pm	5:00pm	5:30pm
Stage 1	Stage 1	Stage 2	SAW^
3-5yrs	3-5yrs	3-5yrs	5-13yrs
Stage 2	Stage 3	Stage 3	SAW^
3-5yrs	3-5yrs	3-5yrs	5-13yrs
Stage 3	Stage 3	Stage 3	SAW^
5-7yrs	5-7yrs	8-12yrs	5-13yrs
Stage 4	Stage 4	Stage 5	Stage 6**
5-7yrs	8-12yrs	8-12yrs	8-12yrs

#### **TUESDAY & THURSDAY**

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

4:00pm	4:30pm	5:00pm	5:30pm
Stage 1	Stage 1	Stage 2	Private
3-5yrs	3-5yrs	3-5yrs	3-13yrs
Stage 2	Stage 3	Stage 1/2	Private
3-5yrs	3-5yrs	5-12yrs	3-13yrs
Stage 3	Stage 3	Stage 3	Private
5-7yrs	5-7yrs	8-12yrs	3-13yrs
Stage 4	Stage 4	Stage 6**	Private
5-7yrs	8-12yrs	8-12yrs	3-13yrs

\*\*Must be able to swim 25yds freestyle, backstroke, and breaststroke in order to register for this class.

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

Private Lessons may be held in either the warm pool or lap pool. Pool location will be indicated during registration.

#### **SATURDAY**

9:00am	9:30am	10:00am	10:30am	11:00am	11:30am
Private 3-13yrs 5 SPOTS	Private 3-13yrs 5 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 4 SPOTS	Private 3-13yrs 5 SPOTS
-	-	Stage A/B (Parent*/Child) 6mos - 3yrs	Stage A/B (Parent*/Child) 6mos - 3yrs	Stage A/B (Parent*/Child) 6mos - 3yrs	-

\*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.

#### **YARROW FAMILY YMCA**

31105 Thousand Oaks Blvd. Westlake Village, CA 91362



## Fall 2 Session Oct 28 - Dec 13, 2024

Mon/Wed - 6pm to 6:45pm Wed/Fri - 3:30pm to 4:15pm Wed/Fri - 4:15pm to 5pm \$120 Member | \$240 Non-Member

### **Registration Opens:**

- Members: 10/14/24
- Non-Members: 10/21/24



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.



#### **EVALUATION**

If you'd like to participate in the SEVYMCA Stingrays, please contact the Yarrow Aquatics Team at yarrowaquatics@sevymca.orq to set up an evaluation for your swimmer.

### **STAGE** DESCRIPTIONS

#### SWIM STARTERS

Accompanied by a parent, infant s 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.



#### SWIM BASIC 1 / WATER ACCLIMATION Students develop comfort with

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit This stage lays the foundation that

allows for a student future progress in swimming.

oke Introduction

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**B / WATER EXPLORATION** 

In stage B, parents work with

their children to explore body

positions, floating, blowing

bubbles, and fundamental

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

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

· Jump, push, turn, grab

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

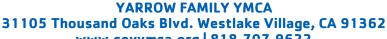
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### 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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