

SOUTHEAST VENTURA COUNTY YMCA  
YARROW FAMILY YMCA

# YOUTH SWIM LESSONS

Winter Session  
Jan 13 - Feb 22, 2025

**No lessons on Mon. 2/17/25**

Stages 5 & 6 lessons will start on Mon. 1/20/25 when the lap pool reopens.



**REGISTRATION OPENS:**  
Members: 1/2/25  
Non-Members: 1/8/25



**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

## SESSION OPTIONS

### MONDAY or WEDNESDAY

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

### TUESDAY or THURSDAY

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

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For more information please email us at [yarrowaquatics@sevymca.org](mailto:yarrowaquatics@sevymca.org)



# Winter Session Jan 20 – Feb 20, 2024

Mon/Wed – 6pm to 6:45pm  
Wed/ Fri – 4pm to 4:45pm  
\$100 Member | \$200 Non-Member

## Registration Opens:

- Members: 1/2/25
- Non-Members: 1/8/25



## EVALUATION

If you'd like to participate in the SEVYMCA Stingrays, please contact the Yarrow Aquatics Team at [yarrowaquatics@sevymca.org](mailto:yarrowaquatics@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.

## 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.