

LEVEL DESCRIPTIONS

Level A – Water Acclimation - (Previously Level 1a)
– **Prerequisite:** Minimum 3 years of age, beginner swimmer. **Goal:** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Level B – Water Movement - (Previously Level 1b)
Prerequisite: Beginner swimmer who is comfortable putting their face in the water. **Goal:** Encourages forward movement in water and basic self-rescue skills performed independently.

Level C – Water Stamina - (Previously Level 2)
Prerequisite: Able to do unassisted glides and floats on front and back, as well as submerge. **Goal:** Develop intermediate self-rescue skills performed at longer distances than in previous stages.

Level D – Stroke Introduction - (Previously Level 3)
– **Prerequisite:** Able to submerge to retrieve an object in chest deep water, tread water and perform unassisted swimming on front and back.
Goal: Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke.

Level E – Stroke Development - (Previously Level 4)
– **Prerequisite:** Able to perform any stroke or combination of strokes for 25 yards. Perform front and back crawl, elementary back stroke, breaststroke kick and butterfly kick. **Goal:** Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Level F – Stroke Mechanics - (Previously Level 5/6)
– **Prerequisite:** Perform front crawl with bent-arm recovery, back crawl, sidestroke, breaststroke and butterfly. **Goal:** Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Parent & Tot: Prerequisite – Minimum 6 months of age. **Goal:** Introduces infants and toddlers to the aquatic environment. Parent and child learn together under the guidance of an instructor.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Financial Assistance Program

Fulfilling our goal to provide service for youth and families, the Y with the support of the United Way of Northern New York and the Northern New York Community Foundation provides Financial Assistance to those who cannot afford our memberships or programs fees. Assistance is based upon the applicants income and expenses and confidentiality is an important part of the process.



DOWNTOWN YMCA
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DOWNTOWN YMCA Swim Lessons

January 5th –
February 12th

Session 3



Registration Begins:
December 16th–Members
December 18th–Non-
members

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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The Watertown Family YMCA Swim Program develops competency in swimming, along with confidence and endurance. We will look for your child to comfortably and consistently perform each skill in order to progress to the next stage.

We expect each child to learn and progress at their own rate. Therefore, do not be discouraged if your child does not complete all the skills within their level during any one session. Your child needs to know that it is acceptable to take as much time as is necessary to master the skills.

As classes change we reserve the right to add or remove classes as needed.

**The DOWNTOWN YMCA
(315) 782-3100**



SCHEDULE

This Session will run ONCE a week for 6 weeks at the DOWNTOWN Y.

Wednesdays

Parent and Tot	10:45am-11:15am
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Thursdays

Parent and Tot	2:20pm-2:50pm
A/C	3:00pm-3:30pm
B/D	3:40pm-4:10pm
A/C	4:20pm-4:50pm
B/D	5:00pm-5:30pm
E	6:00pm-6:45pm
F	7:00pm-7:45pm

Fridays

Parent and Tot	10:45am-11:15am
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Saturdays

Parent and Tot	8:00am-8:30am
A/B	8:40am-9:10am
A/B	9:20am-9:50am
A/B	10:00am-10:30am

Classes will be separated by 10 minutes to allow proper disinfection to all items and surfaces.

**Levels A-D AND Parent & Tot classes run for 30 minutes
Levels E-F classes run for 45 minutes**

REGISTRATION

Member Registration

-ONLINE ONLY-

**THURSDAY & FRIDAY
December 16 & 17**

Open Registration

-For Anyone and Everyone
SATURDAY December 18

PROGRAM FEES

30 Minute Classes

(Parent & Tot through Level D)

YMCA Members: **\$32**

Non-Member: **\$52**

Military: **\$47**

Parent & Tot is FREE for any CHILDREN that are Y MEMBERS

45 Minute Classes

(Levels E-F)

YMCA Members: **\$36**

Non-Member: **\$56**

Military: **\$51**

NEXT SESSION INFO

Session 4 will run from March 2nd-April 9th. Registration will be February 10th for members, February 12th for non-members.