



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. 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.

Downtown YMCA
119 Washington Street
Watertown, New York 13601

For program questions contact :
Imani Torres
Email: itorres@nnyymca.org
Phone: 315.782.3100

Register online at:
www.watertownymca.org



NEXT SESSION INFO

Session 5

Start Date: April 26, 2022

End Date: June 5, 2022

Registration Begins:

April 7TH: Members

April 9TH: Non-Members

FINANCIAL ASSISTANCE PROGRAM

To successfully achieve our goal of providing service for all youth and families, the Watertown Family YMCA, with the support of the **Northern New York Community Foundation**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

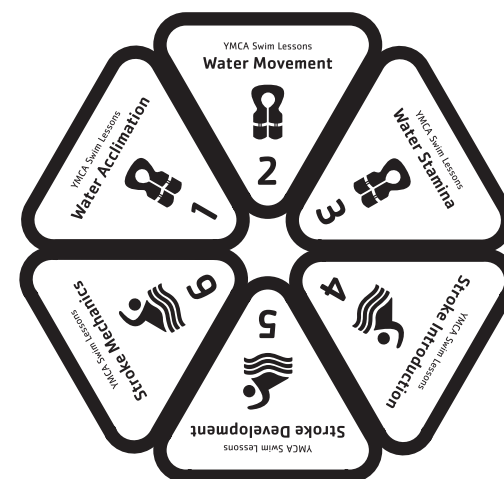
Applications are available at the Welcome Center Desk or online. The YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



DOWNTOWN SESSION 4 SWIM LESSONS



REGISTRATION BEGINS:
FEBRUARY 10TH: MEMBERS
FEBRUARY 12TH: NON-MEMBERS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: 6 months – 18 years

Start Date: March 1, 2022

End Date: April 9, 2022

Program Fees:

30-Minute Class

Parent & Tot* through Level D

Member: \$32.00 per session

Non-member: \$52.00 per session

Military: \$47.00 per session

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

45-Minute Class

Levels E-F

Member: \$36.00 per session

Non-member: \$56.00 per session

Military: \$51.00 per session

REGISTRATION

Members Only:

Thursday & Friday

February 10th & 11th

Non-Members:

Saturday, February 12th

DOWNTOWN SESSION 4 SWIM LESSONS

Lesson Levels:

Parent & Tot

Prerequisite: Minimum 6 months of age. Goal is to introduce infants and toddlers to the aquatic environment. Parent and child learn together under the guidance of an instructor.

Level A • Water Acclimation (Previously Level 1a)

Prerequisite: Minimum 3 years of age, and beginner swimmer. Goal is to increase comfort with underwater exploration and introduce 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 is to encourage 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 is to 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 is to introduce 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 is to introduce 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 is to refine stroke technique on all major competitive strokes and encourage swimming as part of a healthy lifestyle.

Parent & Tot	Tuesday	2:20 – 2:50 PM
Level A & B	Tuesday	3:00 – 3:30 PM
Level A & B	Tuesday	3:40 – 4:10 PM
Level A & B	Tuesday	4:20 – 4:50 PM
Level A & B	Tuesday	5:00 – 5:30 PM
Parent & Tot	Wednesday	10:45 – 11:15 AM
Parent & Tot	Thursday	2:20 – 2:50 PM
Level A & C	Thursday	3:00 – 3:30 PM
Level B & D	Thursday	3:40 – 4:10 PM
Level A & C	Thursday	4:20 – 4:50 PM
Level B & D	Thursday	5:00 – 5:30 PM
Level E	Thursday	6:00 – 6:45 PM
Level F	Thursday	7:00 – 7:45 PM
Parent & Tot	Friday	10:45 – 11:15 AM
Parent & Tot	Saturday	8:00 – 8:30 AM
Level A & B	Saturday	8:40 – 9:10 AM
Level A & B	Saturday	9:20 – 9:50 AM
Level A & B	Saturday	10:00 – 10:30 AM



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

REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled back if long.

**Masks are required for all visitors and
participants except when in the water.**