



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 :  
**Makenna Evans**  
Email: [mevans@nnyymca.org](mailto:mevans@nnyymca.org)  
Phone: 315.782.3100

Register online at:  
[www.watertownymca.org](http://www.watertownymca.org)



## NEXT SESSION INFO

### Session 6

**Start Date: July 5, 2022**

**End Date: August 13, 2022**

**Registration Begins:**

**June 2<sup>ND</sup>: Members**

**June 4<sup>TH</sup>: 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.

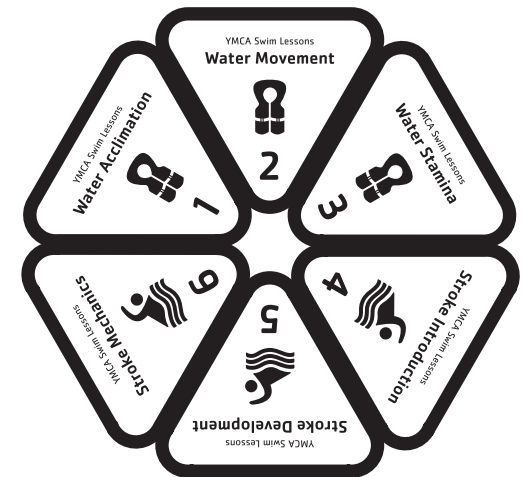
Applications are available at the Welcome Center Desk or online. The YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York  
Community Foundation



## DOWNTOWN SESSION 5 SWIM LESSONS



## REGISTRATION BEGINS:

**APRIL 7<sup>TH</sup>: MEMBERS**

**APRIL 9<sup>TH</sup>: NON-MEMBERS**

**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WHAT YOU NEED TO KNOW

**Ages: 6 months – 18 years**

**Start Date: April 26, 2022**

**End Date: June 4, 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**

**April 7th & 8th**

**Non-Members:**

**Saturday, April 9th**

## DOWNTOWN SESSION 5 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.**