



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 :
Kristen Lawrence
Email: klawrence@nnyymca.org
Phone: 315.782.3100

Register online at:
www.watertownymca.org



NEXT SESSION INFO

Session 3: January 10th– February 18th

Registration Begins:

December 27th: Members

December 29th: Non-Members

3-Day Swim Camp: February 21st – 23rd

Registration Begins:

February 7th: Members

February 9th: Non-Members

GATEWAY FINANCIAL SCHOLARSHIP

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.

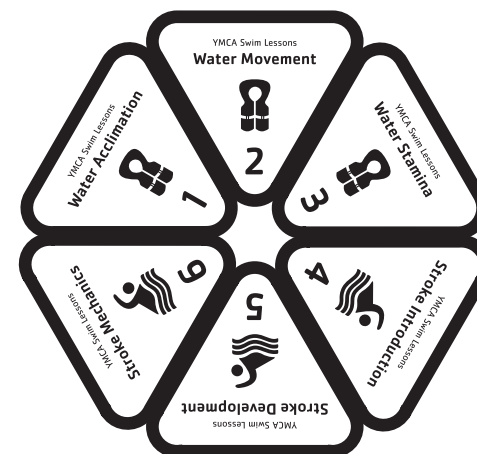
Applications are available at the Welcome Center Desk or online. The YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



DOWNTOWN SESSION 2 SWIM LESSONS



REGISTRATION BEGINS:
OCTOBER 20TH: MEMBERS
OCTOBER 22ND: NON-MEMBERS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Ages: 6 months – 18 years

Start Date: November 1, 2022

End Date: December 17, 2022

Location: Downtown Rec Pool

Program Fees:

30-Minute Class

Parent & Tot* through Level D

Member: \$34.00 per session

Non-member: \$52.00 per session

Military: \$47.00 per session

45-Minute Class

Levels E-F

Member: \$38.00 per session

Non-member: \$56.00 per session

Military: \$51.00 per session

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

REGISTRATION

Members Only:

Thursday & Friday, October 20th & 21st

Non-Members:

Saturday, October 22nd

DOWNTOWN SESSION 2 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	3:00 – 3:30 PM
Level A & B	Tuesday	3:30 – 4:00 PM
Level A & B	Tuesday	4:00 – 4:30 PM
Level A & B	Tuesday	4:30 – 5:00 PM
Level A & B	Tuesday	5:00 – 5:30 PM
Level A & B	Tuesday	5:30 – 6:00 PM
Level F	Tuesday	6:00 – 6:45 PM
Parent & Tot	Thursday	3:00 – 3:30 PM
Level A & C	Thursday	3:30 – 4:00 PM
Level B & D	Thursday	4:00 – 4:30 PM
Level A & C	Thursday	4:30 – 5:00 PM
Level B & D	Thursday	5:00 – 5:30 PM
Level A & C	Thursday	5:30 – 6:00 PM
Level E	Thursday	6:00 – 6:45 PM
Parent & Tot	Saturday	8:00 – 8:30 AM
Level A & B	Saturday	8:30 – 9:00 AM
Level A & B	Saturday	9:00 – 9:30 AM
Level A & B	Saturday	9:30 – 10:00 AM
Level A & B	Saturday	10:00 – 10:30 AM

***NO CLASSES NOVEMBER 21ST – 27TH**

REQUIRED EQUIPMENT



Swim suit & towel

Swim cap or hair pulled back if long