



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.

Carthage YMCA
250 State Street
Carthage, New York 13619

For program questions contact:
Keith Gipson
Email: kgipson@nnyymca.org
Phone: 315.493.3286

Register online at:
www.watertownymca.org



WHAT'S UP NEXT

Check out the variety of great YMCA summer camp programs at www.watertownymca.org

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 and United Way**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

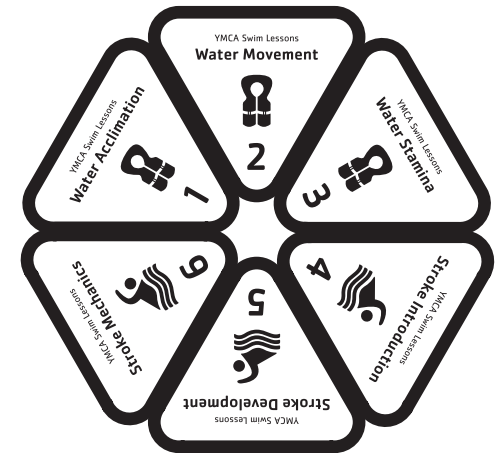
Applications are available at the Welcome Center Desk or online. The YMCA is committed to protecting the privacy of its members and maintaining



Northern New York
Community Foundation



CARTHAGE SUMMER SWIM LESSONS



REGISTRATION BEGINS:

JUNE 23RD: MEMBERS

JUNE 25TH: NON-MEMBERS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

Location: Carthage High School Pool

Ages: 6 months – 18 years

Start Date: July 10, 2023

End Date: August 14, 2023

Days & Times:

Mondays:

Parent & Tot & Level 1-2:

3:30 – 4:00 PM

OR

4:05 – 4:35 PM

Level 3-5:

4:45 – 5:30 PM

Program Fees:

Member: \$40.00 per session

Non-member: \$60.00 per session

Military: \$50.00 per session

CARTHAGE SUMMER SWIM LESSONS

PLEASE NOTE: Swim levels have been changed from alpha characters (A-F) to numeric (1-6) to align with the National YMCA Aquatic skills level system.

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. There must be one adult per child attending.

Level 1 (Previously A) • Water Acclimation

Prerequisite: Minimum 3 years of age, and beginner swimmer. Goal is to increase comfort in water and able to perform back/front floats unassisted, monkey crawls and treading water for 10 secs.

Level 2 (Previously B) • Water Movement

Prerequisite: Swimmer who is comfortable in water without assistance. Goal is to encourage forward movement, back float, perform front crawl unassisted and submerged head bobs.

Level 3 (Previously C) • Water Stamina

Prerequisite: Able to do unassisted glides and floats on front and back, as well as submerge. Goal is to be able to tread water for 30 seconds.

Level 4 (Previously D) • Stroke Introduction

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 introduces sitting dives and performing breast stroke.

Level 5 (Previously E) • Stroke Development

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.

REQUIRED EQUIPMENT



Swim suit & towel

Swim cap or hair pulled back if long

Goggles (no nose piece) for Level 4 and up

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

CARTHAGE POOL INFO

- Please use the “North Entrance” to enter the building. It is the far right entrance when you are looking at the front of the building & is labeled.
- All Swimmers must take a shower before entering the water
- No diving unless properly supervised
- For more information visit watertownymca.org