



### GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, 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 or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.

For more information on programs, memberships, services, and to register visit:  
[www.watertownymca.org](http://www.watertownymca.org)

### DOWNTOWN YMCA

146 Arsenal Street  
Watertown, New York 13601

For program questions contact :  
Kristen Lawrence  
Email: [klawrence@nnyymca.org](mailto:klawrence@nnyymca.org)  
Phone: 315.755.2132



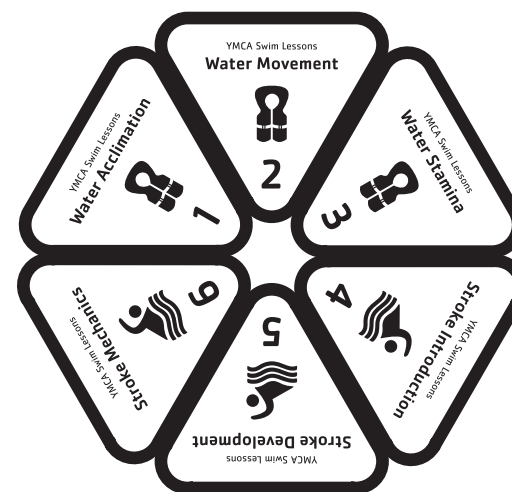
## WHAT'S UP NEXT

Check out these other great YMCA programs:

- Kicks 4 Kids
- Indoor Soccer League
- Adult Volleyball
- Archery
- POP Tennis
- Pickleball
- Rookie Hoops
- Gymnastics & Ninja



## DOWNTOWN SWIM LESSONS SESSION 4



## REGISTRATION BEGINS:

**APRIL 14<sup>TH</sup>: MEMBERS**

**APRIL 17<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 30, 2024**

**End Date: June 22, 2024**

**Location: Downtown Aquatic Center**

**Program Fees:**

### 30-Minute Class

**Parent & Tot\* through Level 4**

**Member: \$52.00 per session**

**Non-member: \$80.00 per session**

**Military: \$73.00 per session**

### 45-Minute Class

**Levels 5-6**

**Member: \$59.00 per session**

**Non-member: \$85.00 per session**

**Military: \$79.00 per session**

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

**Any swimmer who does not have the most recent session report card will be required to take a swim assessment prior to registering for swim lessons so they are safely and properly placed in the correct level.**

**Swim Assessment Days & Times:**

**Monday, April 8th 6:00 – 7:00 PM**

**Tuesday, April 9th 4:00 – 6:00 PM**

**Saturday, April 13th 9:00 – 10:00 AM**

## DOWNTOWN SWIM LESSONS SESSION 4

### 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 • Water Acclimation

Prerequisite: Minimum 3 years of age, and beginner swimmer. Must be comfortable being in water without parent. 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 • 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 • 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 • 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 • 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.

### Level 6 • Stroke Mechanics

Prerequisite: Perform front crawl with bent-arm recovery, back crawl, sidestroke, breaststroke, and butterfly. Goal is to introduce flip turns and perfecting sitting dives and refine stroke technique on all major competitive strokes and encourage swimming as part of a healthy lifestyle.

## 8-WEEK SESSIONS, 1 DAY A WEEK

Parent & Tot	Tuesday	3:00 – 3:30 PM
Level 1 & 2	Tuesday	3:35 – 4:05 PM
Level 1, 2, 3	Tuesday	4:10 – 4:40 PM
Level 1, 2, 3	Tuesday	4:45 – 5:15 PM
Level 4	Tuesday	5:20 – 5:50 PM
Level 5/6	Tuesday	6:00 – 6:45 PM
Parent & Tot	Thursday	3:00 – 3:30 PM
Level 1 & 2	Thursday	3:35 – 4:05 PM
Level 1, 2, 3	Thursday	4:10 – 4:40 PM
Level 1, 2, 3	Thursday	4:45 – 5:15 PM
Level 4	Thursday	5:20 – 5:50 PM
Level 5/6	Thursday	6:00 – 6:45 PM
Parent & Tot	Saturday	8:30 – 9:00 AM
Level 1, 2, 3	Saturday	9:05 – 9:35 AM
Level 1, 2, 3	Saturday	9:40 – 10:10 AM
Parent & Tot Level 4	Saturday	10:15 – 10:45 AM
Level 1 & 2	Saturday	10:50 – 11:20 AM
Level 1 & 2	Saturday	11:25 – 11:55 AM
Private Lessons	Saturday	12:00 – 12:30 PM

## REQUIRED EQUIPMENT



**Swim suit & towel**

**Swim cap or hair pulled back if long**

**Goggles (no nose piece) for Level 4 and up**