

## DOWNTOWN BRANCH

146 Arsenal Street  
Watertown, NY 13601

**For program questions contact:**  
Kristen Lawrence, Aquatics Director  
klawrence@nnyymca.org  
315.755.2132

Need financial assistance?

Know someone who does?  
We can help.

### GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has access to programs and services, Watertown Family YMCA, supported by Northern New York Community Foundation, United States Army Child & Youth Services, and United Way of Northern New York, offers financial assistance to those who are unable to afford memberships, services, or program fees.

#### SUPPORTED BY



Northern New York  
Community Foundation



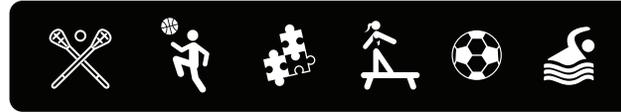
UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY  
Northern New York



SCAN FOR APPLICATION  
or stop by the Welcome  
Center. Assistance is  
based on applicant's  
income and expenses.  
All information is kept  
private and confidential.



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**WATERTOWNYMCA.ORG**

**THE PLACE** for even more great  
YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

**THE**  
Where You Can  
Really *Do It All*  
**PLACE**



## DOWNTOWN BRANCH

### SWIM LESSONS: SESSION 4



**AGES**  
6 months - Adult

**DATES**  
April 21 - June 13

**ASSESSMENTS REQUIRED**  
for first time participants.

**Assessment Dates**

Thursday, March 26	6:00 - 7:00 PM
Saturday, March 28	11:30 AM - 12:30 PM
Tuesday, March 31	5:45 - 6:45 PM

**ASSESSMENT REGISTRATION OPENS**  
Online March 9 | 9:00 AM

**LESSON REGISTRATION OPENS**

For Members	March 30   9:00 AM
Non-Members	April 1   9:00 AM



Scan to Register  
or for More Info

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## SWIM LESSONS: SESSION 4

### LOCATION

Downtown Aquatic Center

### AGES

6 Months - Adult

### DATES

April 21 - June 13

8 weeks per session, 1 day per week

### FEES PER SESSION

#### Levels 1 - 3 (30-min)

Members	\$59.00
Non-Members	\$89.00
Military	\$84.00

#### Levels 3LAP, 4, and 5 (45-min)

Members	\$66.00
Non-Members	\$95.00
Military	\$90.00

#### Parent & Tot A (6 mo - 3 yrs)

Members	\$13.00
Non-Members	\$89.00
Military	\$84.00

#### Parent & Tot B (2 - 5 yrs)

Members	\$59.00
Non-Members	\$89.00
Military	\$84.00

### REQUIRED EQUIPMENT

- Swim suit & towel
- Swim cap (or long hair pulled back)
- Goggles for Level 4+ (no nose piece)

#### Parent & Tot A | Water Discovery (MIN. 6 mos old)

**Goal:** Introduce infants/toddlers to basic water safety through fun and interactive instruction and games led by an instructor. Parents and children will build trust as they learn together. **A Parent/Guardian must be in the pool.**

#### Parent & Tot B | Water Exploration (MIN. 2 yrs old)

**Prerequisite:** Ability to be in the water with a parent in the water nearby. **Goal:** Encourage children to move purposefully in the water while emphasizing basic water safety with the guidance of an instructor & the assistance of parents. **A Parent/Guardian must be in the pool.**

#### Level 1 | Water Acclimation (MIN. 4 yrs old)

**Prerequisite:** Ability to be in the water without a parent. **Goal:** Increase comfort in the water & develop basic skills with an instructor including floats, crawls, & submersion. **A Parent/Guardian must remain on the pool deck.**

#### Level 2 | Water Movement

**Prerequisite:** Must be comfortable in the water without a flotation device. **Goal:** Encourage independent motion & developing skills to propel and glide without assistance. **A Parent/Guardian must remain on the pool deck.**

#### Level 3 and 3LAP | Water Stamina

**Prerequisite:** Ability to perform unassisted glides, floats, and submerge. **3LAP Prerequisite:** Ability to swim front crawl 25 yards, tread for 1 minute, and front crawl 25 yards. **Goal:** Promote independent motion in the water while integrating arm/leg action with rhythmic breathing. **A Parent/Guardian must remain on the pool deck.**

#### Level 4 | Stroke Introduction

**Prerequisite:** Ability to swim front crawl 25 yards, tread for 1 minute, and front crawl 25 yards. **Goal:** Develop front and back crawl techniques and introduce components of breaststroke and butterfly.

#### Level 5 | Stroke Development

**Prerequisite:** Ability to swim front crawl 25 yards, tread for 1 minute, and front crawl 25 yards. **Goal:** Lap pool lessons are grouped by skill level and are designed to enhance techniques, stroke mechanics, diving, & more.

### DAYS/TIMES

#### Tuesday

Parent & Tot A	4:05 - 4:35 PM
Levels 1 & 2	4:40 - 5:10 PM
Levels 3LAP & 4	4:40 - 5:25 PM
Levels 1, 2, & 3	5:15 - 5:45 PM

#### Thursday

Parent & Tot A	11:30 AM - 12 PM
Levels 1, 2, & 3	4:05 - 4:35 PM
Parent & Tot B	4:40 - 5:10 PM
Levels 1, 2, & 3	5:15 - 5:45 PM

#### Saturday

Adult	8:00 - 8:30 AM
Parent & Tot B	
Level 3LAP & Levels 4 & 5	8:00 - 8:45 AM
Levels 1, 2, & 3	8:35 - 9:05 AM
Parent & Tot A	9:10 - 9:40 AM
Levels 1 & 2	9:45 - 10:15 AM
Levels 1, 2, & 3	10:20 - 10:50 AM
Parent & Tot A	10:55 - 11:25 AM

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