

STRONG SWIMMERS CONFIDENT KIDS



Freehold Family YMCA

FALL 2 SWIM LESSON SCHEDULE

October 25 - December 19, 2021

No classes November 25-28

REGISTRATION BEGINS: Family Memberships Oct. 11 | Other Memberships Oct. 14 | Non Members Oct. 18

	Member	Non Member
30 Min. Class:	\$ 88	\$144
45 Min. Class:	\$ 120	\$184
60 Min. Class:	\$ 176	\$272

6-36 months		Location: DITTMAR Pool						30 min. class	
STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
WATER DISCOVERY									
WATER EXPLORATION									
COMBO CLASS						8:45			
3-5 years		30 min. class							
WATER ACCLIMATION		4:55		3:30		9:30 11:00			
WATER MOVEMENT	4:00			4:05					
WATER STAMINA									
COMBO CLASS			4:00			10:15			
STROKE INTRODUCTION									
6-12 years		45 min. class unless marked : *30 min. **60 min.							
*WATER ACCLIMATION & MOVEMENT COMBO	5:10	5:25	5:10	4:40					
*WATER STAMINA	4:35	3:30	4:35						
STROKE INTRODUCTION		4:05	4:20	5:00		10:00			
STROKE DEVELOPMENT				4:15		9:15			
STROKE MECHANICS			3:30	3:30		8:30			
**COMPETITIVE STROKE 10-15years			5:10			10:45			

FREEHOLD FAMILY YMCA
 YMCA OF GREATER MONMOUTH COUNTY
 470 East Freehold Road
 Freehold, NJ 07728

732.462.0464
 info@ymcanj.org

YMCA NJ.org

Here for all.
 Financial assistance is offered
 based on availability of funds.

821-5773-THQ

STAGE DESCRIPTIONS



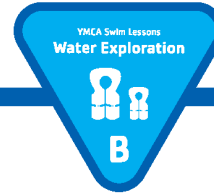
SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. 30 min. class



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM BASICS

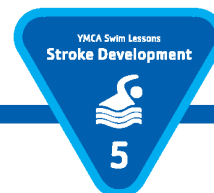
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab 30 min. class



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. 45 min. class

HAVE MORE QUESTIONS? Email aquatics@ymcanj.org and our staff can assist you with questions about the swim lessons program.