STRONG SWIMMERS CONFIDENT KIDS

Old Bridge Family YMCA

WINTER SWIM LESSON SCHEDULE

JANUARY 3-FEBUARY 27, 2022

REGISTRATION BEGINS: Family Memberships Dec. 6 | Other Memberships Dec. 9 | Non Members Dec. 13

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

Tuesday Competitive Stroke Starts 1/25 - 5 Weeks: Member $110 | Non Member $170

6-36 months — 30 min. class

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER DISCOVERY							
WATER EXPLORATION							
COMBO CLASS						11:15	

3-5 years — 30 min. class

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER ACCLIMATION	1/2 comb. 4:15		1/2 comb. 4:15	1/2 comb. 4:15		8:15 8:45 10:15	
WATER MOVEMENT							
COMBO CLASS 3/4	4:45		4:45	4:45		9:15 9:45	
WATER STAMINA							
STROKE INTRODUCTION							

6-12 years — 45 min. class unless marked : *30 min. **60 min.

STAGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*WATER ACCLIMATION & MOVEMENT COMBO	4:45 6:00		4:15	4:45		9:30	
*WATER STAMINA	4:15 6:00		4:45	4:15 4:45		9:00 10:00	
STROKE INTRODUCTION	5:15		5:15	5:15		8:15 10:30	
STROKE DEVELOPMENT	5:15			5:15		9:00 9:45 10:30	
STROKE MECHANICS			5:15			9:00 9:45 10:30	
**COMPETITIVE STROKE 10-15 yrs.		4:15 Starts 1/25				11:15	

OLD BRIDGE FAMILY YMCA
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YMCANJ.org

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

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

YMCA Swim Lessons
Water Discovery
A

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.

YMCA Swim Lessons
Water Exploration
B

B / WATER EXPLORATION

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

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

YMCA Swim Lessons
Water Acclimation
1

1 / WATER ACCLIMATION

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

YMCA Swim Lessons
Water Movement
2

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.

YMCA Swim Lessons
Water Stamina
3

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 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

YMCA Swim Lessons
Stroke Introduction
4

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.

YMCA Swim Lessons
Stroke Development
5

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.

YMCA Swim Lessons
Stroke Mechanics
6

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.

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

821-5773-THQ