

NEW SWIM LESSONS COMING IN MAY!

Thank you for choosing the City of Austin/North Austin Community Recreation Center as your swim lesson provider! Whether you are new to our program or have been taking lessons with us for years, we appreciate your support.

The YMCA of the US has created a new swim lesson curriculum that we will be launching at the North Austin branch starting in May. Every YMCA within the Austin Association will be transitioning to this new curriculum over the summer months, with the Northwest Family branch having started their lessons this past January. We are very excited about this new curriculum and the changes in store! The purpose of this letter is to give you more information about the new program and what you can expect. You can also visit our swim lesson information station located in the lobby to find more information.

Starting in May, we will no longer have the names Pike, Polliwog, Guppy, etc., but will be moving to new names for our levels, such as Water Movement, Water Stamina, and Stroke Development. Our parent/child levels and adult levels will remain the same, but the remainder of the levels will have new names. We are updating our swim lesson program to focus even more on keeping kids safe in and around the water. This update allows us to keep doing what we've been doing well and build upon our standing as the leading provider of swim lessons in our community. Our swim lesson curriculum has evolved to be an even better fit for your child's age, fitness, skill level and experience.

How do I register?

Registration for the May session opens on Sunday, April 2nd to both facility members and community members/program participants. At this point, all of the old levels (Pike, Guppy, Polliwog, etc.) will be gone and we will have the new names for our swim lesson levels. All levels are still divided by age group and you can still sign up online or in person for each level. If you are interested in registering for June lessons, they will open to YMCA facility members on April 17th and community members/program participants on May 1st.

How do I know which new level to sign up for?

1. Pick up a copy of the "Lesson Selector" form from the swim lesson information station in the lobby. This form will ask you a series of questions to determine which level is correct for you or your child.
2. Halfway through the April session, the week of April 17th, you will receive a card from your swim instructor stating which level you should sign up for next. Take this to the Welcome Center and they will help you register.
3. You can always ask your swim instructor for their opinion or schedule a free swim skills assessment to determine which level is best for you or your child.

What will be different?

All lessons beginning with the word "water" are beginner levels and will be 30 minutes in length. All levels beginning with the word "stroke" are intermediate/advanced and will be 40 minutes. The lessons will focus more on group work, versus one on one work, and will emphasize specific skill development in each level. The objective is for your child to spend more time working in the water and less time sitting and waiting for the instructor to finish working with another child. Our adult levels and Parent/Child classes will remain the same for the time being.

Questions?

We understand that this is a big transition and want to make it as easy as possible. We invite you to visit our swim lesson information station in the lobby to pick up all the new materials. Also, a member of the Aquatics staff will be available on the dates below to answer any questions that you have or explain the program in more detail. All the information can be found on our website: www.austinyymca.org/branches/coaymca-north-austin-community-rec-center or you can email or call the Aquatics Director or Welcome Center directly.

Question Sessions:

April 8th: 9:30am to 11am

April 10th: 5:30pm to 7pm

April 13th: 5:30pm to 7pm

April 18th: 5:30pm to 7pm

April 22nd: 9:30am to 11am

April 26th: 5:30pm to 7pm

Again we thank you for your continued support. Please do not hesitate to reach out with any questions that you may have. We are looking forward to an exciting new swim lesson program!

Sincerely,

Megan Early

Aquatics Director

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