



SWIM LESSON SCHEDULE

January & February 2018

COA/YMCA North Austin
Community Recreation Center
1000 W. Rundberg Ln.
Austin, TX 78758
512.973.9622
AustinYMCA.org

Parent/Child (6 to 36 mon)

30 minute lessons

A/Water Exploration & Discovery

SAT: 9:05am, 9:50am

Preschool (3-5 years)

30 minute lessons

not currently enrolled in Kindergarten

1/Water Acclimation

M/W: 4:30pm, 6:25pm

T/TH: 4:30pm

SAT: 8:30am

2/Water Movement

M/W: 5:50pm

SAT: 8:30am, 10:30am

3/Water Stamina

M/W: 5:50pm

4/Stroke Introduction

M/W: 5:05pm

T/TH: 6:35

SAT: 9:50am

School Age (5-12 years)

"Water": 30 minute lessons

"Stroke": 40 minute lessons

Kindergarten through age 12

1/Water Acclimation

M/W: 4:30pm

T/TH: 4:30pm, 6:35pm

SAT: 8:30am, 10:30am

2/Water Movement

M/W: 6:25pm

T/TH: 6:00pm

3/Water Stamina

T/TH: 6:00pm

SAT: 10:30am

4/Stroke Introduction

M/W: 5:05pm

T/TH: 5:05pm

5/Stroke Development

T/TH: 5:05pm

SAT: 9:50am

6/Stroke Mechanics

T/TH: 5:05pm

Adults (13 years & up)

40 minute lessons

TOW (Terrified of Water)

M/W: 7:00pm

SAT: 11:05am

Adult Beginner:

M/W: 7:00pm

SAT: 9:05am

Adult Intermediate:

SAT: 11:05am

Swim League (6-13 years)

60 minute practices

(Must pass through level 5 or test as proficient to join swim league)

Homeschool league:

M/W: 3:00pm

Ages 9 and under:

T/TH: 6:00pm

Ages 10 and above:

T/TH: 7:00pm

SESSION DETAILS

MONTH	DAY	REGISTRATION START	REGISTRATION DEADLINE	SESSION DATES	NUMBER OF CLASSES	MEMBER FEE	NONMEMBER FEE
January	M/W	November 15 th	January 5 th	1/8-1/31	8	\$55.00	\$110.00
	T/TH	November 15 th	January 5 th	1/9-2/1	8	\$55.00	\$110.00
	Sat	November 15 th	January 5 th	1/13-2/3	4	\$27.50	\$55.00
February	M/W	December 15 th	February 2 nd	2/5-2/28	8	\$55.00	\$110.00
	T/TH	December 15 th	February 2 nd	2/6-3/1	8	\$55.00	\$110.00
	Sat	December 15 th	February 2 nd	2/10-3/3	4	\$27.50	\$55.00

PROGRAM OVERVIEW

SWIM STARTERS

Parent* & child lessons

A/Water Discovery & Exploration



Introduces infants and toddlers to the aquatic environment, explores body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

1/Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2/Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently.

3/Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES

Skills to support a healthy lifestyle

4/Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5/Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6/Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.