



SWIM LESSON SCHEDULE

OCTOBER 2017

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, 11:00am

Preschool (3-5 years)

30 minute lessons

not currently enrolled in Kindergarten

1/Water Acclimation

M/W: 4:30pm, 5:05pm, 6:15pm

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

SAT: 8:30am, 10:25am

2/Water Movement

M/W: 4:30pm

T/TH: 4:30pm

SAT: 8:30am, 11:00am

3/Water Stamina

M/W: 4:30pm

T/TH: 4:30pm

SAT: 8:30am

4/Stroke Introduction

T/TH: 6:35pm

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: 5:05pm, 5:40pm, 6:15pm

T/TH: 6:00pm, 6:35pm

SAT: 8:30am, 11:00am

2/Water Movement

M/W: 5:05pm, 6:50pm

T/TH: 6:00pm, 7:10pm

SAT: 10:25am

3/Water Stamina

M/W: 5:40pm, 6:50pm

T/TH: 6:00pm, 7:10pm

SAT: 9:50am, 11:35pm

4/Stroke Introduction

M/W: 5:40pm, 7:15pm

T/TH: 5:05pm

SAT: 9:05am, 11:35am

5/Stroke Development

M/W: 6:30pm

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: 7:25pm; T/TH: 7:10pm

Adult Beginner:

M/W: 7:25pm

SAT: 9:05am, 10:35am

Adult Intermediate:

SAT: 11:20am

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

Master's Swim

SAT: 8:30pm

SESSION DETAILS

MONTH	DAY	REGISTRATION START	REGISTRATION DEADLINE	SESSION DATES	NUMBER OF CLASSES	MEMBER FEE	NONMEMBER FEE
SEPTEMBER	M/W	August 15 th	September 29 th	10/2-10/25	8	\$50.00	\$100.00
	T/TH	August 15 th	September 29 th	10/3-10/26	8	\$50.00	\$100.00
	Sat	August 15 th	September 29 th	10/7-10/28	4	\$25.00	\$50.00

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.