

# 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 <sup>th</sup>	September 29 <sup>th</sup>	10/2-10/25	8	\$50.00	\$100.00
	T/TH	August 15 <sup>th</sup>	September 29 <sup>th</sup>	10/3-10/26	8	\$50.00	\$100.00
	Sat	August 15 <sup>th</sup>	September 29 <sup>th</sup>	10/7-10/28	4	\$25.00	\$50.00

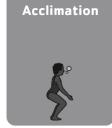
## **PROGRAM OVERVIEW**

**SWIM STARTERS**Parent\* & child lessons

A/Water Discovery & Exploration

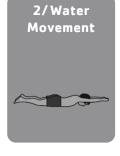
Introduces infants and toddlers to the aquatic environment, explores body positions, blowing bubbles, and fundamental safety and aquatic skills.

**SWIM BASICS** (Safety Around Water) Recommended skills for all to have around water



1/Water

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



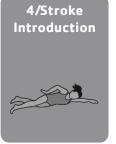
Encourages forward movement in water and basic selfrescue skills performed independently.



Develops intermediate selfrescue skills performed at longer distances than in previous stages.

#### **SWIM STROKES**

Skills to support a healthy lifestyle



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



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



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.