

# Swim Lessons



## STAGES OF LEARNING:

**Questions?** Email: [erinh@ymcaatlanta.org](mailto:erinh@ymcaatlanta.org) or [sfswimteam@ymcaatlanta.org](mailto:sfswimteam@ymcaatlanta.org)

## Lynch Park Pool Swim Lessons

### Weekdays:

#### Monday-Thursday

May 28-June 7

June 11-June 22

June 25-July 5

July 9-July 19

July 23-August 2

#### Saturday Class Only

June 2-July 21 MEM:

\$80 PRO: \$105

**Ratios Rule:** 1:12 for Infant-toddler, 1:4 for preschool and 1:6 for all other lessons ensure participants have a trained instructor at every level and ability to help them progress.

## Financial Assistance Available

### DESIGNATE + EVALUATE = ACCELERATE!

Welcome to the our Y Swim Lesson Upgrade. Our "Designate + Evaluate = Accelerate" model makes swim learning and advancement more efficient than ever before!

### DESIGNATE – Register by age group.

- **Infant-Toddler** ages 6 mo.-3 yrs. A Parent + Child Class! 30 min.  
Weekday: (A-B): 8:30am (Sessions 3-5)  
Saturday: 9:00am, 11:00am
- **Preschool** ages 3-5 yrs. 30 min. All Stages 1-3.  
Weekday: 9:00am, 10:30am  
Saturday: 9:00am, 9:40am, 10:20am
- **School Age** ages 6-12 yrs. 40 min  
Weekday: (1-3) 9:40am  
Saturday: 9:40am  
Weekday: (4-6) 11:10am  
Saturday: 10:30am
- **Teen-Adult** ages 13 & Older. 40 min  
Weekday: 8:20am  
Saturday: 11:10am

**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. This group is only parent-child lessons for ages 6 months to 3 years, and contains the following stages...

### A – Water Discovery B – Water Exploration

**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

This group is for ages 3 years & older, and contains the following stages...

### 1 – Water Acclimation

### 2 – Water Movement

### 3 – Water Stamina

**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. This group is for ages 3 years & older, and contains the following stages...

### 4 – Stroke Introduction

### 5 – Stroke Development (ages 5 + up only)

### 6 – Stroke Mechanics (ages 5 + up only)

# TEACHING THE COMMUNITY TO SWIM