



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lessons

FALL SESSION SEPTEMBER 10—OCTOBER 20

Registration Opens: Member August 27th –Sept 8th
General Public August 31st- September 8th



SWIM STARTERS (parent/child lessons, ratio 1:10)

For children ages 6 months—3 years

Fee: Member \$57; Public \$90

A WATER DISCOVERY Introduces infants & toddlers to the aquatic environment through exploration & encourages them to enjoy themselves while learning about the water.

Saturday 9:00-9:30am

B WATER EXPLORATION Parents work with their children to explore body positions, floating, blowing bubbles, & fundamental safety & aquatic skills.

Saturday 9:30-10:00am

PRESCHOOL (ratio 1:5, unless noted)

30 minute class; ages 3-5

Fee: Member \$57; Public \$90

1 WATER ACCLIMATION Students develop comfort with underwater exploration. Lays the foundation that allows for student's future progress.

Mon 5:05-5:35pm

Tues 4:30-5:00pm,

Thurs 4:30-5:00pm **Sat** 10:00-10:30am

2 WATER MOVEMENT Focus on body position & control, directional change, & forward movement while also continuing water safety education.

Mon 4:30-5:00pm

Tues 5:05-5:35pm

Wed 4:30-5:00pm,

Thurs 5:05-5:35pm **Sat** 10:30-11:00am

3 WATER STAMINA Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.

Wed 5:20-5:50pm **Thurs** 4:30-5:00pm

4 STROKE INTRODUCTION (ratio 1:6) Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

Tues 5:20-5:50pm **Thurs** 5:05-5:35pm

SCHOOL AGE

45 minute class; ages 5-12

Fee: Member \$66; Public \$105

2/3 WATER MOVEMENT & STAMINA

(ratio 1:7) Focus on body position & control, directional change & forward movement while also continuing water safety education. Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.

Mon 5:40-6:25pm **Tues** 5:40-6:25pm

Wed 4:30-5:15pm

4 STROKE INTRODUCTION (ratio 1:7)

Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

Mon 5:05-5:50pm **Tues** 4:30-5:15pm

Wed 5:05-5:50pm **Thurs** 5:20-6:05pm

5 STROKE DEVELOPMENT (ratio 1:8)

Work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & sidestroke.

Mon 5:55-6:40pm **Thurs** 4:30-5:15pm

6 STROKE MECHANICS (ratio 1:9)

Refine stroke technique on all major competitive strokes, learn about competitive swimming & discover how to incorporate swimming into a healthy lifestyle.

Wed 5:55-6:40pm

YMCA of MARTHA'S VINEYARD

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