



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Swim Lessons

**FALL SESSION SEPTEMBER 9-OCTOBER 19**

**Registration Dates:** Member August 26th -Sept 5th  
General Public August 30th -September 5th



**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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