



The YMCA of Cecil County, Inc.

Spring II 2017 Swim Lessons

4/24/17-6/10/17

Welcome to Spring II 2017 Swim Lessons!

Select your age: Parent & Child; Preschool ages 3-5, Youth Ages 5-12, Adult 12+ years

Select your swim level: Parent & Child is A/B level

Preschool is level 1, 2, 3, or 4; example P 1

Youth is level 1, 2, 3, 4, 5 or 6; example Y 3

Adult is level 1, 2, 3, 4, 5 or 6; example A 2

Preschool classes are 30 minutes. Youth and Adult classes are 45 minutes. See reverse



The PM classes are for all preschool, youth and adult. These classes are offered for 1x each week for 7-weeks. If the Y cancels, make up will be announced.

PM Lessons
1x per week
April 24-June 10, 2017

	4:15	5:00	5:45	6:30	7:35pm
Monday	Y4	Y5	P2/Y3	P1/Y1	
Tuesday		P3/Y5	P2/Y3	P1	A2/Y4
Wednesday			P2/Y3	Y1	

The Saturday classes are for parent/child, preschool and youth. These classes are offered for 1x each week for 7-weeks. If the Y cancels, make up will be announced.

Saturday
Morning Lessons
April 24-June 10, 2017

	9am	9:30am	9:45am	10am	10:30am	11am	11:15am
A/B	P 2	Y 4	A/B	Y 1	P 2/3	Y 3	
P 1	P 4	Y 5	P 1 at	Y 2		Y 4	
P 3	Y 3		P 2			Y 5	
Y 1							
Y 2							

PM & Saturday Fees:

Y Member = \$47

Non Member = \$95



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The YMCA offers progressive swim lesson programs for all ages—infants through seniors. Check out our class offerings below to find one that's right for you. Preschool classes are 30 minutes, youth and adult are 45 minutes.

SWIM STARTERS Swim Program Parent/child age 6 months—3 years. 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 around the water.

- A. Water Discovery -Introduces infants and toddlers to the swim environment. If your child is not yet able to respond to verbal cues and jump on land, this class is designed for you.
- B. Water Exploration-This class focuses on exploring body positions, blowing bubbles, and fundamental safety and swim skills. If your child is not yet comfortable working with an instructor without a parent, this class is designed for you.

SWIM BASICS Swim Program Preschool age 3-5 years, school age 5-12 years and teens/adult ages 12+. Students learn personal water safety and achieve basic swimming competency. They will learn the recommended skills for all to have around the water including safe water habits, underwater exploration, and how to swim safely and exit in the event of falling in the water. Activities, games and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

- P1, Y1, or A1 (Preschool 1, Youth 1, or Adult 1) / Water Acclimation—Increased comfort with underwater exploration and introduces basic self-rescue skills preformed with assistance. If you are not yet able to go underwater voluntarily, this class is designed for you.
- P2, Y2, or A2 / Water Movement - Encourages forward movement in the water and basic self-rescue skills preformed independently. If you are not yet able to do a front and back float on your own, this class is designed for you.
- P3, Y3, or A3 / Water Stamina—Develop intermediate self-rescue skill preformed at longer distances. If you are not yet able to swim 10-15 yards on your front and back, this class is designed for you.

SWIM STROKES Swim Program Preschool age 3-5 years stage 4 only; school age 5-12 years, teen /adult 12+. Having mastered the fundamentals, students learn additional water safety and rescue skills. Swimmers build stroke technique and are introduced to the four competitive swimming strokes: freestyle, backstroke, breaststroke and butterfly.

- P4, Y4, A4 / Stroke Introduction—Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. If you are not yet able to swim 15 yards of front and back crawl, this class is designed for you.
- Y5, A5 / Stroke Development—Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. If you are not yet able to swim front crawl, back crawl and breaststroke 25 yards, this class is designed for you.