



2021 SWIM LESSONS - Session 5

Session 5: July 5th—August 7th

****Please note all Level A, Level B and Preschool Levels should come prepared to have a parent/guardian in the water to assist for the**

PRESCHOOL: AGES 3-5 CHILD/PARENT

LEVEL	DAYS	TIMES	HOUSEHOLD MEMBER	NON-MEMBER
Level A WATER DISCOVERY (6-36 MONTHS)	MONDAY	5:45-6:15 PM	\$19.00	\$34.00
	WEDNESDAY	5:45-6:15 PM	\$19.00	\$34.00
	FRIDAY	11:00 - 11:30 AM	\$19.00	\$34.00
Level B WATER EXPLORATION (2 1/2-3 1/2 YEARS)	MONDAY	6:30-7:00 PM	\$19.00	\$34.00
	WEDNESDAY	6:30-7:00 PM	\$19.00	\$34.00
	FRIDAY	11:45 AM-12:15 PM	\$19.00	\$34.00
P1: WATER ACCLIMATION** P2: WATER MOVEMENT**	MONDAY & WEDNESDAY	5:45-6:15 PM	\$38.00	\$66.00
			\$38.00	\$66.00
P 3: WATER STAMINA** P4: STROKE INTRODUCTION**	MONDAY & WEDNESDAY	6:30-7:00 PM	\$38.00	\$66.00
			\$38.00	\$66.00

LEVEL	DAYS	TIMES	HOUSEHOLD MEMBER	YOUTH /ADULT MEMBER	NON-MEMBER
TEEN/ADULT LESSONS	FRIDAY	9:00 -9:45 AM <small>Must have at least 3 to run this lesson</small>	\$19.00	\$22.00	\$34.00
PRIVATE LESSONS	TBD	TBD in 30 minute sessions	\$16.00	\$16.00	\$28.00



AQUATICS

Nurturing skills and building confidence in the water

Did you know that the Chambersburg YMCA has a nationally recognized Swim Program? Our staff of instructors are teaching both children and adults aquatic skills and safety around water. We're here for everyone- all ages, from infants to seniors can learn to swim. Check out our new classes and levels that fit your family's needs and busy schedules.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY (WD)

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION (WE)

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION (WA)

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT (WM)

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA (WS)

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION (SI)

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT (SD)

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

A/WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B/WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

1/WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2/WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3/WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

4/STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5/STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6/STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

PRIVATE SWIM LESSONS

Private swim lessons are offered to anyone age 3 to adult. We will work around your schedule and skill level. Fill out a form at the Welcome Center desk.