



STRONG | CONFIDENT SWIMMERS | KIDS



Our swim lesson format is designed to make students of all levels feel welcome, foster a sense of achievement, emphasize group activities, and enforce a skill continuum that allows student to advance more easily and quicker from level to level. The details are explained on the back of this form.

SESSION DATES:

4 Week Classes, Morning/Evening Dates: January 7-January 31; February 4-February 28; March 4-March 28; April 1-May 2 (no class April 15-18); May 6-May 31 (no class May 27, make up day May 31)

Saturday Classes: January 5-February 9; March 2-April 6; April 27-June 8 (no class May 25)

Sunday Classes: January 6-February 10; March 3-April 7; April 28-June 9 (no class May 26)

PARENT-CHILD (6-36 MONTHS)

Monday & Wednesday 10:10am
Tuesday & Thursday 6:35pm
Saturday 9:05am

HOMESCHOOL (5-12 YEARS) (stages)

Tuesday & Thursday 1:00 (1-3), 1:45pm (4-5)

PRESCHOOL (3-5 YEARS) (stages)

Monday & Wednesday 9:05am (1&2), 9:40am (1&2), 5:45pm (1-3), 6:25pm (1&2)
Tuesday & Thursday 9:35am (1&2), 10:10am (2&3), 1:00pm (1&2), 1:35pm (2&3), 6:00pm (1-3), 6:35pm (1-3)
Saturday 9:05am (1-3), 9:45am (1-3), 10:25am (1-3)

YOUTH (5-12 YEARS) (all stages)

Monday & Wednesday 5:40pm, 6:30pm
Tuesday & Thursday 6:00pm, 6:50pm
Saturday 9:05am, 9:55am



TEEN & ADULT (12 AND OLDER)

Tuesday & Thursday 7:35pm
Saturday 7:30am

NEW SUNDAY LESSON OPTIONS:

Preschool: 2pm (Stages 1,2), Youth: 2:45pm (Stages 1,2,3)

ONLINE REGISTRATION:

January Weekday Session Closes:	12/28/18	May Weekday Session Closes:	4/26/19
February Weekday Session Closes:	1/25/19	January/February Saturday Session Closes:	12/22/18
March Weekday Session Closes:	2/22/19	March/April Saturday Session Closes:	2/16/19
April Weekday Session Closes:	3/22/19	May/June Saturday Session Closes:	4/13/19

CLASS FEES

4 Week Lessons:	Members: \$54.00	Potential Members: \$90.00
Saturday/Sunday Lessons:	Members: \$42.00	Potential Members: \$68.00

Changes can be made at no cost up to a week before the class starts. A \$15 fee will be applied for any changes made within 7 days of the start of the class. No refunds will be provided for cancellations or changes after the 2nd day of class.

PLEASE NO INDIVIDUAL FLOTATION DEVICES ON CHILDREN (PUDDLE JUMPERS/WATER-WINGS).

***We cannot offer make-ups for individuals missing classes or refunds for that missed lesson. Skills are repeated.**

JERRY LONG FAMILY YMCA 1150 S Peacehaven Road, Clemmons NC 27012 P 336 712 2000 www.jerrylongymca.org

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."

A United Way Agency. Financial Assistance available.

SWIM SKILLS GUIDE

Our program focuses on four key skill groups, Breath control, Swimming on the front, Swimming on the back, and Water Safety. There are 6 skill stages in total for students to advance through.



PRESCHOOL SKILLS (AGES 3-5)

1 Water Acclimation No skills required. Will learn how to: submerge and blow bubbles independently, glide 5 ft to wall with assistance, front float with assistance for 10 seconds, glide 5 ft to wall with assistance, back float with assistance for 10 seconds, water exit independently, roll back to front & front to back with assistance

2 Water Movement Level 1 skills required. Will learn how to . . . submerge and look at object on the bottom of pool, front glide 5 ft, front float 10 seconds, back glide 5 ft, back float 10 seconds, water exit independently, roll back to front & front to back, treat water 10 seconds near wall & exit

3 Water Stamina Level 2 skills required. Will learn how to . . . submerge and retrieve object in chest-deep water, swim on front 10 yds, swim on back 10 yds, water exit independently, roll back to front & front to back, treat water 30 seconds & exit

Children 5 & up who are more advanced, register as Youth Stage 3. If not 5, must stay in stage 3 until age 5.

SCHOOL AGE SKILLS (AGES 5-12)


1 Water Acclimation No skills required. Will learn how to . . . submerge and blow bubbles independently, glide 5 ft to wall with assistance, front float with assistance for 10 seconds then recover, glide 5 ft to wall with assistance, back float with assistance for 10 seconds, water exit independently, roll back to front & front to back with assistance

2 Water Movement Level 1 skills required. Will learn how to . . . submerge and look at object on the bottom of pool, front glide 10 ft, front float 20 seconds, back glide 10 ft, back float 20 seconds, water exit independently, roll back to front & front to back, treat water 10 seconds near wall & exit

3 Water Stamina Level 2 skills required. Will learn how to . . . submerge and retrieve object in chest-deep water, swim on front 15 yds, swim on back 15 yds, water exit independently, roll back to front & front to back, treat water 1 minute & exit

4 Stroke Introduction Level 3 skills required. Will learn how to . . . front crawl with rhythmic breathing 15 yds, breaststroke kick 15 yds, butterfly kick 15 yds, back crawl 15 yds, sitting dive, elementary backstroke (resting stroke) 15 yds, tread water 1 minute

5 Stroke Development Level 4 skills required. Will learn how to . . . front crawl with bent-arm recovery 25 yds, breaststroke 25 yds, butterfly with simultaneous arm action & kick for 15 yds, back crawl pull for 25 yds, kneeling dive, sidestroke (resting stroke) 25 yds, tread water 2 minutes. **Upon passing Stage 5- Tyde Swim Team recommended.**

6 TYDE Swim Team  Visit swimtyde.org for more information.

Private and Semi-Private Lesson Packages are also available. Please see Registration form for pricing and details.

For more information, please contact Sandy Thomerson, Aquatics Director at s.thomerson@ymcanwnc.org or 336 712 2000 OR Jo Beth Boyles, Aquatic Coordinator at j.boyles@ymcanwnc.org