

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: January 4-28; February 1-25; March 1-25; April 5-29; May 3-27

Saturday Classes: January 9-February 13; February 20-March 27; April 10-May 15

Sunday Classes: January 10-February 14; February 21-March 28; April 11-May 16

PARENT-CHILD (6-36 MONTHS)

Monday-Wednesday 5:25pm
Tuesday & Thursday 9:00am
Saturday 9:30am

PRESCHOOL (3-5 YEARS)

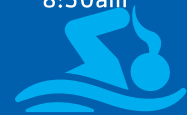
Monday & Wednesday 9:40am, 10:20am, 6:00pm, 6:35pm
Mon/Wed Homeschool 1:00pm, 1:35pm
Tuesday & Thursday 9:40am, 10:20am, 5:45pm, 6:20pm
Saturday 10:05am, 10:40am
Sunday 1:30pm, 2:05pm

YOUTH (5-12 YEARS)

Monday & Wednesday 5:15pm, 6:05pm
Mon/Wed Homeschool 1:00pm, 1:50pm
Tuesday & Thursday 5:50pm, 6:40pm
Saturday 10:05am, 10:55am
Sunday 1:25pm, 2:15pm

TEEN & ADULT (12 AND OLDER)

Tuesday & Thursday 7:15pm
Saturday 8:30am



We cannot offer individual make ups or partial refunds for missed classes however, skills are always reviewed so all swimmers have a chance to make up missed skills within class.

ONLINE REGISTRATION CLOSES:

January 4 Week Session: 1/01/21
February 4 Week Session: 1/29/21
March 4 Week Session: 2/26/21
April 4 Week Session: 4/02/21

Jan/Feb Saturday or Sunday Session: 1/06/21
Feb/Mar Saturday or Sunday Session: 2/17/21
April/May Saturday or Sunday Session: 4/07/21

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).

KERNERSVILLE FAMILY YMCA 1113 West Mountain St, Kernersville, NC 27284

Our Mission: "Helping all 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, tread 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, tread 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, tread 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, tread 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:
Lucia Morillo, Associate Aquatics Director, at l.morillo@ymcanwnc.org
Jonathan Sasser, Aquatics Sr Director, at j.sasser@ymcanwnc.org**