



STRONG SWIMMERS CONFIDENT KIDS



LEBANON VALLEY FAMILY YMCA SWIM LESSONS

Swim lessons are held once a week for seven weeks, with each lesson lasting 30 minutes.

Water Exploration (Parent & Child)

6 months - 3 years

Saturdays - 11:30-12:00pm

Water Acclimation Preschool

3 years - 5 years

Tuesdays - 4:20-4:50pm
Saturdays - 9:30-10:00am

Water Movement Preschool

3 years - 5 years

Tuesdays - 5:00-5:30pm
Tuesdays - 6:15-6:45pm
Saturdays - 10:10-10:40am

Water Stamina Preschool

3 years - 5 years

Tuesdays - 5:40-6:10pm
Saturdays - 10:50-11:20am

Water Acclimation Youth

6 years - 12 years

Thursdays - 4:20-4:50pm
Saturdays - 11:30-12:00am

Water Movement Youth

6 years - 12 years

Thursdays - 5:00-5:30pm
Saturdays - 10:50-11:20am

Water Stamina Youth

6 years - 12 years

Thursdays - 5:40-6:10pm
Saturdays - 10:10-10:40am

Stroke Introduction Youth

6 years - 12 years

Thursdays - 6:15-6:45pm
Saturdays - 9:30-10:00am

PROGRAM FEES:

FAMILY MEMBERS: \$50

YOUTH MEMBERS: \$70

NON-MEMBERS: \$100

September 8th - October 24th

Registration opens August 24th for Members

Registration opens August 31st for Non-Members

****No lessons on October 20th, make up will be on October 27th****

HOW TO REGISTER:

CALL: 717-273-2691

IN PERSON: At the Membership Desk

ONLINE: lebanonymca.org, click "Browse/Register Programs"

Lebanon Valley Family YMCA

201 North 7th Street, Lebanon, PA 17046

717-273-2691

Contact Zach McElheny at:

zmcelheny@lebanonymca.org

or 717-376-1387

Water Exploration (Parent/Child) – The parent-child class helps promote water enrichment and aquatic readiness activities for children and their parents or another trusted adult. The class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Emphasis on aquatic safety and building a positive relationship with the water.

Water Acclimation–In this first stage, water comfort increases with underwater exploration and basic self-rescue skills are introduced and performed with assistance. Develop basic skills to propel and glide through the water with instructor help.

Water Movement–The second stage encourages forward movement in water and basic self-rescue skills performed independently. Prerequisites include being comfortable in the water and able to fully submerge, with the face underwater. Swimmers develop basic skills to propel and glide through the water without instructor help. By the end of this class children should be able to swim unassisted for short distances.

Water Stamina–The third stage develops intermediate self-rescue skills performed at longer distances than the previous stages. Prerequisites include being able to swim unassisted and float. Children will integrate arm action, leg action, and rhythmic breathing in back and front glides, developing forward movement on the front and back.

Stroke Introduction–the fourth stage introduces basic stroke technique on front and back crawl and reinforces water safety through treading water and elementary backstroke. Prerequisites include being able to swim 15 meters on the front and back without assistance. Children will develop the front and back crawl and will be introduced to butterfly and breaststroke.

Stroke Development–The fifth stage introduces butterfly and breaststroke and reinforces water safety through treading and sidestroke. Prerequisites include being able to swim front crawl with rotary breathing and back crawl proficiently and knowledge of the fundamentals for breaststroke and butterfly.