



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

READY! SET! SWIM!

Family YMCA of Black Hawk County

Winter 2018 Swim Lessons

Classes start JANUARY 8th



- Member registration begins
Monday, December 4th at 7:00 AM
- Program Member registration begins
Monday, December 11th at 7:00 AM
- Parent/Child classes will meet once per week for 5 weeks.
Members: \$20.00
Program Members: \$40.00
- Preschool and School Age classes will meet once per week for 8 weeks.
Members: \$32.00
Program Members: \$64.00
- The YMCA does not offer make-up classes unless there is a conflict with the pool schedule or weather cancellations.
- If classes are cancelled by the YMCA, a make-up will be scheduled as determined by the Aquatics Program Director
- Register online at www.blackhawkymca.org or at the Welcome Center. You may also register by calling 319.233.3531.

FAMILY YMCA OF BLACK HAWK COUNTY

Contact: Bri Boss | Aquatics & Sports Director

E bboss@blackhawkymca.org

669 South Hackett Road, Waterloo, IA 50701

P 319-233-3531 W blackhawkymca.org

Facebook.com & Twitter.com "BlackHawkYMCA"

PARENT/CHILD | Ages 6 mo-3 years

Tuesday 6:10-6:40 PM

Thursday 5:30-6:00 PM

Saturday 10:30-11:00 AM

PRESCHOOL CLASSES | Ages 3-5 years

Level 1: Monday 5:30-6:00 PM | 6:10-6:40 PM

Tuesday 5:30-6:00 PM • Thursday 6:10-6:40 PM

Saturday 9:00-9:30 AM

Level 2: Monday 5:30-6:00 PM • Tuesday 5:30-6:00 PM

Thursday 6:10-6:40 PM • Saturday 9:00-9:30 AM

Level 3: Monday 6:10-6:40 PM • Tuesday 6:10-6:40 PM

Thursday 5:30-6:00 PM • Saturday 10:30-11:00 AM

Level 4: Monday 6:10-6:40 PM • Tuesday 6:10-6:40 PM

Thursday 5:30-6:00 PM • Saturday 10:30-11:00 AM

*Levels 3 & 4 will be combined. Limited space available.

SCHOOL AGE CLASSES | Ages 6-14 years

Level 1: Monday 6:50-7:30 PM • Tuesday 6:50-7:30 PM

Saturday 9:40-10:20 AM

Level 2: Monday 6:50-7:30 PM • Tuesday 6:50-7:30 PM

Saturday 9:40-10:20 AM

Level 3: Monday 6:50-7:30 PM • Thursday 6:50-7:30 PM

Saturday 9:40-10:20 AM

Level 4: Tuesday 6:50-7:30 PM

Level 5: Thursday 6:50-7:30 PM

Level 6: Thursday 6:50-7:30 PM

*Levels 1 & 2 | 5 & 6 will be combined.

Swim Lesson Level Questionnaire

Level 1 (Water Acclimation)

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

Will your child go underwater voluntarily?

If **NO**, enroll in Level 1

If **YES**, move to Level 2

Level 2 (Water Movement)

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.

Can your child front & back float on his/her own?

If **NO**, enroll in Level 2

If **YES**, move to Level 3

Level 3 (Water Stamina)

Students learn how to swim to safety from a longer distance. This level also introduces rhythmic breathing and integrated arm and leg action.

Can your child swim 10-15 yards on his/her stomach and back?

If **NO**, enroll in Level 3

If **YES**, move to Level 4

Level 4 (Stroke Introduction)

Students develop stroke technique in front crawl and backstroke. This level also introduces the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Can your child swim 15 yards of front crawl & backstroke and tread water for 1 minute?

If **NO**, enroll in Level 4

If **YES**, move to Level 5

Level 5 (Stroke Development)

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

Can your child swim 25 yards of front crawl & backstroke and 15 yards of breaststroke and butterfly?

If **NO**, enroll in Level 5

If **YES**, move to Level 6

Level 6 (Stroke Mechanics)

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

Can your child swim 50 yards of all competitive strokes: front crawl, backstroke, breaststroke and butterfly?

If **NO**, enroll in Level 6

Preschool Swim Lessons

For children ages 3—5 years

Preschool age children may be enrolled in Levels 1-4

School Age Lessons

For children ages 6—14 years

School age children may be enrolled in Levels 1-6