



# SWIM LESSONS

BRANDYWINE YMCA

REGISTER ONLINE!

[www.ymcade.org/programs](http://www.ymcade.org/programs)



Summer 2022 | **AQUATICS**

**Session Dates:** Summer I, June 13 - July 24 (No Lessons July 1-4) | Summer II, July 25 - August 28

**Group Lesson Pricing:** Member - \$85 | Community - \$130

**SWAM Pricing:** Member - \$90 | Community - \$140

Swim Lessons are pay in full at time of registration.

## SWIM LESSONS AT THE HANBY OUTDOOR CENTER

Parent Child - Swim Starters	6 months - 3 years	Saturday 11:15-11:55 AM
Preschool Swim Basics 1	3-5 years	Tuesday 5:30-6:10 PM Saturday 9:45-10:25 AM
Preschool Swim Basics 2	3-5 years	Tuesday 6:15-6:55 PM Saturday 10:30-11:10 AM
Preschool Swim Basics 3	3-5 years	Tuesday 4:45-5:25 PM
Preschool Swim Basics All	3-5 years	Tuesday 4-4:40 PM Saturday 11:15-11:55 AM
Youth Swim Basics 1	6-12 years	Tuesday 4:45-5:25 PM Saturday 10:30-11:10 AM
Youth Swim Basics 2	6-12 years	Tuesday 6:15-6:55 PM Saturday 9:45-10:25 AM
Youth Swim Basics 3	6-12 years	Tuesday 5:30-6:10 PM Saturday 9:45-10:25 AM
Youth Swim Strokes 4	6-12 years	Saturday 11:15-11:55 AM
Youth Swim Strokes All	6-12 years	Saturday 10:30-11:10 AM

## SWIM LESSONS AT THE BRANDYWINE YMCA

Parent Child - Swim Starters	6 months - 3 years	Wednesday 4-4:40 PM Thursday 11-11:40 AM
Preschool Swim Basics 3	3-5 years	Wednesday 6:15-6:55 PM
Youth Swim Basics 1	6-12 years	Wednesday 5:30-6:10 PM
Youth Swim Strokes All	6-12 years	Wednesday 4:45-5:25 PM
Teen/Adult Lessons	13+ years	Wednesday 7-7:40 PM
S.W.A.M (Diverse Abilities)	8-14 years	Wednesday 4-4:40 PM Wednesday 4:45-5:25 PM Wednesday 5:30-6:10 PM Wednesday 6:15-6:55 PM

**Swim Basics 1** -In stage one, students develop comfort with underwater exploration and learn how 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.

**Swim Basics 2** -In stage two, students focus on safety, body position and control, directional change, and forward movement in the water.

**Swim Basics 3** -In stage three, students develop intermediate self-rescue skills performed at longer distances than in previous stages while students work to master the foundational skills of freestyle and backstroke. Students should be comfortable to swim  $\frac{1}{2}$  the length of the pool without the use of a flotation device.

**Swim Strokes 4** -In stage four, students 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.

**Swim Basics / Strokes All** -In these groups, the instructor will provide individualized attention while in a group setting. Students will be provided the opportunity to strengthen and advance their swimming skills around all swim curriculum areas.

**SWAM (Diverse Abilities)** -In this program, participants will work 1x1 with a certified instructor.

### Summer 2022 Ratios

Swim Starters - Up to 14  
Pre-School - Up to 6  
Youth - Up to 6  
Adult - Up to 6  
SWAM - 1x1

**Private Lessons** -1x1 private instruction is available. Check our website for available days & times. \$30 per 30-minute lesson



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months – 3 years  
**Parent & Child**  
Stages A – B



3– 5 years  
**Preschool**  
Stages 1 – 4



6– 12 years  
**School Age**  
Stages 1 – 6



12+ years  
**Teens and Adults**  
Stages 1 – 6

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

## WHAT STAGE IS THE STUDENT READY FOR?

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

NOT YET

**A / Water  
Discovery**

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

NOT YET

**B / Water  
Exploration**

Will the student go underwater voluntarily?

NOT YET

**1 / Water  
Acclimation**

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

NOT YET

**2 / Water  
Movement**

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

NOT YET

**3 / Water  
Stamina**

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

NOT YET

**4 / Stroke  
Introduction**

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

NOT YET

**5 / Stroke  
Development**

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

NOT YET

**6 / Stroke  
Mechanics**

\* At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children including biological parents, adoptive parents, guardians, step parents, grand parents or any other type of parenting relationship.

\*\*The YMCA of Delaware reserves the right to place members in the most appropriate skill based class.