



eliminating racism  
empowering women  
**ywca**

# 2023 Winter Swim Lessons Schedule Marshalltown YMCA-YWCA

	4-week Session Jan 9 - Feb 1 M/W	4-week Session Feb 6 - Mar 1 M/W	4-week Session Mar 6 - Mar 29 M/W	8-week Session Jan 9 - Mar 2 T, TH, Saturday No Class Mar 4th
<b>Registration Dates</b>	Jan 2- Y Members Jan 4- Program Participant	Jan 30 - Y Members Feb 1 - Program Participant	Feb 27 - Y Members Mar 1 - Program Participant	Jan 2- Y Members Jan 4- Program Participant
<b>Cost</b>	\$35 Y Members \$50 Program Participant	\$35 Y Members \$50 Program Participant	\$35 Y Members \$50 Program Participant	T/TH : \$35 Y Members \$50 Program Participant SAT: \$ 30.75 Y Members \$43.75 Program Participant
<b>Stage 1 Water Acclimation</b>	M/W 9:15-10a.m. 4:30-5:15p.m. 6:30-7:15p.m.	M/W 9:15-10a.m. 4:30-5:15p.m. 6:30-7:15p.m.	M/W 9:15-10a.m. 4:30-5:15p.m. 6:30-7:15p.m.	T 4:30-5:15p.m. TH 4:30-5:15p.m. SAT 8:30-9:15a.m.
<b>Stage 2 Water Movement</b>	M/W 10:15-11:00a.m. 4:30-5:15p.m. 5:30-6:15p.m.	M/W 10:15-11:00 a.m. 4:30-5:15p.m. 5:30-6:15p.m.	M/W 10:15-11:00 a.m. 4:30-5:15p.m. 5:30-6:15p.m.	T 5:30-6:15p.m. TH 6:30-7:15p.m. SAT 8:30-9:15a.m.
<b>Stage 3 Water Stamina</b>	M/W 5:30-6:15p.m. 6:30-7:15p.m.	M/W 5:30-6:15p.m. 6:30-7:15p.m.	M/W 5:30-6:15p.m. 6:30-7:15p.m.	T 4:30-5:15p.m. T 5:30-6:15p.m. TH 5:30-6:15p.m. SAT 9:30-10:15a.m.
<b>Stage 4 Stroke Introduction</b>	M/W 4:30-5:15p.m. 6:30-7:15p.m.	M/W 4:30-5:15p.m. 6:30-7:15p.m.	M/W 4:30-5:15p.m. 6:30-7:15p.m.	TH 4:30-5:15p.m. SAT 9:30-10:15a.m.
<b>Stage 5 Stroke Development</b>	M/W 5:30-6:15p.m.	M/W 5:30-6:15p.m.	M/W 5:30-6:15p.m.	TH 5:30-6:15p.m.
<b>Stage 6 Stroke Mechanics</b>	M/W 5:30-6:15p.m.	M/W 5:30-6:15p.m.	M/W 5:30-6:15p.m.	TH 5:30-6:15p.m.

<b>Additional 8-week Session Classes</b>
<b>Water Discovery/ Water Exploration (Adult w/Child): T 5:45 - 6:15 p.m. &amp; 6:30-7p.m.</b>
<b>Home School Swim Club: W 3-3:45p.m.</b>

## Parent Tips

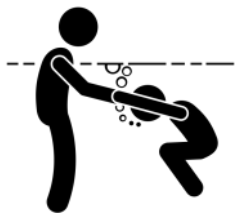
- Register in person at the Y or go online to [www.ywca-ywca.org](http://www.ywca-ywca.org) for class descriptions and registration.
- Please contact Shelley Lechnir, Aquatic Director for questions regarding placement in a level: [shelley.lechnir@ymca-ywca.org](mailto:shelley.lechnir@ymca-ywca.org) or 641-752-8658
- Stages are for both Preschool and School age children. They are combined.
- All swimmers progress at an individual pace. Some may need to repeat a stage.
- If class is full, please ask to be added to wait list. Classes will be added if possible. (Not a guarantee.)

**\*\*Y swim instructors are nationally certified.** Their training includes CPR, AED and First Aid . Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

# STRONG SWIMMERS CONFIDENT KIDS

MARSHALLTOWN YMCA-YWCA

Learning to swim opens a world of opportunities to youth and adults! Some examples are below. Talk with a member of the Y's Aquatics Department to find out how you can get involved.



Become a Swim Lesson Instructor.



Learn a lifetime skill.



Join the Swim Team.

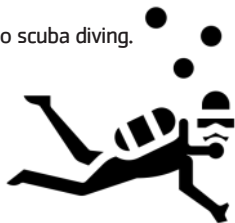
Be a Lifeguard.



Go scuba diving.



Become a Water Exercise Instructor.



## SWIM LESSON CANCELLATION POLICY

The Marshalltown YMCA-YWCA reserves the right to combine class levels, or cancel classes for insufficient enrollment. In the event of a cancelled session, system credit will be given. Classes missed due to weather will not be made up or refunded.

## Swim Starters Aquatic Program

Accompanied by a parent\*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

### Stage Descriptions:

**A / Water Discovery** Introduces infants and toddlers to the aquatic environment.

**B / Water Exploration** Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

\* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

## Swim Basics for Preschool and School Age

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **swim, float, swim**—sequencing front glide, roll, back float, roll, front glide, and exit—and **jump, push, turn, grab**.

**In Water Acclimation, Water Movement, and Water Stamina**, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

### Stage Descriptions:

**1 / Water Acclimation** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**2 / Water Movement** Encourages forward movement in water and basic self-rescue skills performed independently.

**3 / Water Stamina** Develops intermediate self-rescue skills performed at longer distances than in previous stages.

## Swim Strokes for Preschool and School Age

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**In Stroke Introduction, Stroke Development and Stroke Mechanics**, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

### Stage Descriptions:

**4 / Stroke Introduction** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**5 / Stroke Development** Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

**6 / Stroke Mechanics** Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.



## Specialty Classes and Programs

- Swimmers who love the water and want further instruction for future aquatics activities enjoy participating in our Specialty Programs focused on leadership, competition, and recreation.
- We continually develop our specialty program curriculum. Please check the Y website for updates: [www.ymca-ywca.org](http://www.ymca-ywca.org).