



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STATELINE FAMILY YMCA **AQUATICS GUIDE** SEPT. 2022 - AUG. 2023



statelineymca.org/aquatics

A young child with dark hair is swimming underwater, looking directly at the camera with a wide smile. Bubbles are visible around their head and shoulders. The child is wearing blue and green patterned swim trunks. The background is a clear, light blue water surface with some ripples and light reflecting off the water.

WE HAVE ALL THE FUN

For the past 120 years, Y's have offered swim lessons to the community. We have always been driven to be on the cutting edge of swim instructing; our lessons are designed to challenge, motivate, and provide focus on water safety and proper swimming technique.

A few benefits of Our Lesson Program are:

- Knowledgeable and trained swim instructors
- Small Class Size (Preschool & School Age Levels)

WHAT MAKES OUR PROGRAM DIFFERENT?

The goal of the YMCA swim lesson program is to develop the whole person – spiritually, mentally, and physically. Our teaching methods focus primarily on student-centered learning, increasing awareness of water safety, and assisting participants in perfecting skills to the best of their ability. The goal is to create a life-long interest in aquatic activities and promote a healthy lifestyle.



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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

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

WHICH 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, stepparents, grandparents, or any other type of parenting relationship.

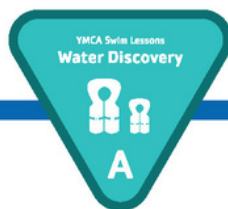
Questions? Contact Kim at kwaite@statelineymca.org.



STAGE DESCRIPTIONS

SWIM STARTERS

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.



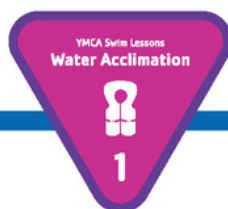
A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



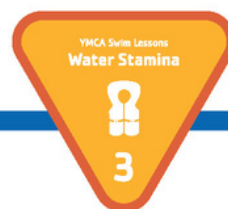
1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, 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.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



4 / STROKE INTRODUCTION

Students in stage 4 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.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM STROKES

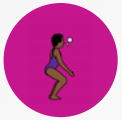
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

SOMETHING FOR EVERYONE.



PARENT/CHILD SWIM LESSONS:

Our Parent/Child Lessons are instructor led lessons where both the parent and the child are in the water. These lessons are intended for ages 6 months – 3 years. We offer 2 different Stages for these classes: Parent/Child A and Parent/Child B. Classes meet once a week. Each lesson is 30 minutes. Space is limited.



PRESCHOOL SWIM LESSONS:

Our Preschool Age Lessons are instructor led lessons for children 3 – 5 years in age. Our Preschool Lessons consist of 4 levels. We like to keep our class sizes small and offer a no more than 5 students to 1 teacher ratio. Classes will meet once a week. Each lesson will be 30 minutes.



SCHOOL AGE SWIM LESSONS:

Our School Age Swim Lessons are instructor led lessons for those ages 6 – 12. Our School Age Lessons consist of 6 levels. Classes will meet once a week. Each lesson will be 30 minutes.



TEEN/ADULT SWIM LESSONS:

These swim lessons are for individuals who wish to learn to swim, develop their stroke technique, or build endurance. We offer 3 different levels for our Teen/Adult swimmers: Beginner, Intermediate, and Advanced.

ENGAGE. TEACH. SAVE LIVES.

Join a team that makes a true difference in the community.

We are always looking for Lifeguards and Swim Instructors. With flexible hours, a free membership, and fulfilling work, you can't go wrong at the Y!



statelineymca.org/jobs

FALL SWIM LESSONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 – 9:30 am					Parent/Child A Preschool 1 2 3
9:45 – 10:15 am					Parent/Child B School Age 2 3 4 5 6
10:30 – 11:00 am					Parent/Child A Preschool 1 2 3 4 School Age 4 5 6
4:30 – 5:00 pm	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 5 6	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 4 5 6	
5:15 – 5:45 pm	School Age 1 2 3 4 5	School Age 2 3 4 5 Teen/Adult Intermediate Teen/Adult Advanced	School Age 1 2 3 4 5 6	School Age 2 3 5 6	
6:00 – 6:30 pm	Preschool 1 2 3 School Age 4	Preschool 1 2 3 School Age 2 3 4 Teen/Adult Beginner		Preschool 1 2 3 School Age 4	

SESSION DATES

Fall Session 1: September 10 - October 27

Registration opens Aug. 15 for members, and Aug. 22 for non-members

Fall Session 2: October 29 - December 15

Registration opens Sept. 26 for members, and Oct. 3 for non-members

MEMBER PRICE: \$58

NON-MEMBER PRICE: \$93

WINTER SWIM LESSONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 – 9:30 am					Parent/Child A Preschool 1 2 3
9:45 – 10:15 am					Parent/Child B School Age 2 3 4 5 6
10:30 – 11:00 am					Parent/Child A Preschool 1 2 3 4 School Age 4 5 6
4:30 – 5:00 pm	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 5 6	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 4 5 6	
5:15 – 5:45 pm	School Age 1 2 3 4 5	School Age 2 3 4 5 Teen/Adult Intermediate Teen/Adult Advanced	School Age 1 2 3 4 5 6	School Age 2 3 5 6	
6:00 – 6:30 pm	Preschool 1 2 3 School Age 2 4	Preschool 1 2 3 School Age 2 3 4 Teen/Adult Beginner		Preschool 1 2 3 School Age 3 4	

SESSION DATES

Winter Session 1: January 2 - February 18

Registration opens Dec. 5 for members, and Dec. 12 for non-members

Winter Session 2: February 20 - April 8

Registration opens Jan. 23 for members, and Jan. 30 for non-members

All dates and pricing are subject to change.

MEMBER PRICE: \$58

NON-MEMBER PRICE: \$93

Group Lessons

SPRING SWIM LESSONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 – 9:30 am					Parent/Child A Preschool 1 2 3
9:45 – 10:15 am					Parent/Child B School Age 2 3 4 5 6
10:30 – 11:00 am					Parent/Child A Preschool 1 2 3 4 School Age 4 5 6
4:30 – 5:00 pm	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 5 6	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 4 5 6	
5:15 – 5:45 pm	School Age 1 2 3 4 5	School Age 2 3 4 5 Teen/Adult Intermediate Teen/Adult Advanced	School Age 1 2 3 4 5 6	School Age 2 3 5 6	
6:00 – 6:30 pm	Preschool 1 2 3 School Age 2 4	Preschool 1 2 3 School Age 2 3 4 Teen/Adult Beginner		Preschool 1 2 3 School Age 3 4	

SESSION DATES

Spring Session: April 10 - May 27

Registration opens Mar. 13 for members, and Mar. 20 for non-members

MEMBER PRICE: \$58
NON-MEMBER PRICE: \$93

SUMMER SWIM LESSONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 – 9:30 am					Parent/Child A Preschool 1 2 3
9:45 – 10:15 am					Parent/Child B School Age 2 3 4 5 6
10:30 – 11:00 am					Parent/Child A Preschool 1 2 3 4 School Age 4 5 6
4:30 – 5:00 pm	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 5 6	Preschool 1 2 3 4 School Age 5 6	Preschool 1 2 3 School Age 4 5 6	
5:15 – 5:45 pm	School Age 1 2 3 4 5	School Age 2 3 4 5 Teen/Adult Intermediate Teen/Adult Advanced	School Age 1 2 3 4 5 6	School Age 2 3 5 6	
6:00 – 6:30 pm	Preschool 1 2 3 School Age 2 4	Preschool 1 2 3 School Age 2 3 4 Teen/Adult Beginner		Preschool 1 2 3 School Age 2 3	

SESSION DATES

Summer Session 1: June 5 - July 15

Registration opens May 8 for members, and May 15 for non-members

Summer Session 2: July 17 - August 26

Registration opens Jun. 19 for members, and Jun. 26 for non-members

MEMBER PRICE: \$50
NON-MEMBER PRICE: \$80

All dates and pricing are subject to change.

AQUATIC CONDITIONING FOR YOUTH

This is a great opportunity for children ages 8-16 to continue their development through group workouts led by an on-deck coach. Swimmers will get a glimpse of "swim team" environment while maintaining their swimming fitness level between seasons or for those who want a fun experience staying active and fit.

PREREQUISITES:

- Level 6, or instructor approval
- Must have knowledge of the 4 competitive strokes, be able to swim 50 yards continuous Front Crawl and 25 yards Backstroke

MEMBER PRICE: \$70

NON-MEMBER PRICE: \$103

Participants meet Monday and Wednesday evenings for four weeks each session.

Check our website for session dates
statelineymca.org/aquatics



HERE FOR ALL

FINANCIAL ASSISTANCE PROGRAM

EVERYONE IS WELCOME

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our financial assistance program, Stateline Family YMCA provides assistance to youth, adults, and families based on individual needs and circumstances.

LEARN MORE AND DOWNLOAD THE APPLICATION:

statelineymca.org/financialassistance





TRAINED TO SAVE

BE A LEADER. BE A LIFEGUARD.

Lifeguard Certification Courses

LEARN:

- First-Aid
- CPR for the Professional Rescuer
- How to utilize an AED
- How to apply oxygen
- How to respond to an emergency in and out of the pool

MEMBER PRICE: \$225

NON-MEMBER PRICE: \$275

QUESTIONS?

Contact Kim at kwaite@statelineymca.org

VISIT statelineymca.org/aquatics to learn more!

Anticipated Session Dates:

November 18 - 21

December 27 - 30

February 24 - 27

April 28 - May 1

May 19 - May 22

June & July: TBD

PRIVATE SWIM LESSONS FOR ALL AGES

Stroke Development
Personal Growth
Customized Lessons

Scan or visit
statelineymca.org/aquatics
for pricing and more
information





FUN WITH A SPLASH

WATER EXERCISE CLASSES

ACTIVITY POOL CLASSES

Mon, Tue, Wed, Thu
8:15-9:00am

LAP POOL CLASSES

Mon, Wed
9:00-9:45 am

CHECK POOL SCHEDULES AT
statelineymca.org/schedules



- Egg hunt in the pool
- Indoor triathlon
- 100-mile swim challenge
- Winter Waterland swim lessons

Visit statelineymca.org
for information on these
events and more!



SAFE POOLS HAVE RULES



- Please do not enter the pool if you have a communicable disease or open cut.
- Do not bring food, drink, gum or tobacco into the pool or pool area.
- Please shower before entering the pool.
- Running and/or rough play in the pool area is not permitted.
- Animals are not permitted in the pool area.
- Diaper changing on the pool deck is prohibited.
- No glass or shatterable items in the pool area.
- Non-toilet trained children are required to wear swim diapers.
- Back flips, spins and running jumps are not permitted when entering the pool.
- Only coast guard approved personal floatation devices are permitted in the pool. We do not allow inflatables of any kind. Children who require the assistance of a floatation device must have an adult with them in the water and within arms reach at all times.
- Appropriate swim attire must be worn in the pool. (Street clothes are not permitted in the pool and shoes are not allowed on the pool deck.)
- Breath holding activities or prolonged underwater swimming is not permitted.
- The Hot Tub is for those who are aged 18 or older and we ask that you limit your usage to no more than 10 minutes.
- Height requirement for the slide is 48 inches.
- We do require a swim test for all youth under the age of 16, who are wanting to use the area along the back wall by the hot tub, the lily pad crossing and the current channel. Swim tests will need to be retaken daily. The swim test consists of treading water for 30 seconds and swimming front crawl, preferably with their face in the water for 25 yards.
- Swimmers should not stand on the spray jets in the splash area or climb on any of the spray features.
- The lifeguards have the ability to enforce any and all pool rules as they are there to keep everyone safe.

DURING FAMILY SWIM TIME:

Parents/Adults must be in the pool area with their children. Any child age 6 and under must have a parent/adult in the water with them - this includes the Splash Area of the pool.

DURING OPEN SWIM TIME:

Children under the age of 6 require a parent/adult in the water with them at all times; children ages 6-12 require a parent/adult to be either in the pool or on the pool deck at all times; ages 13 and above require no parent/adult.





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