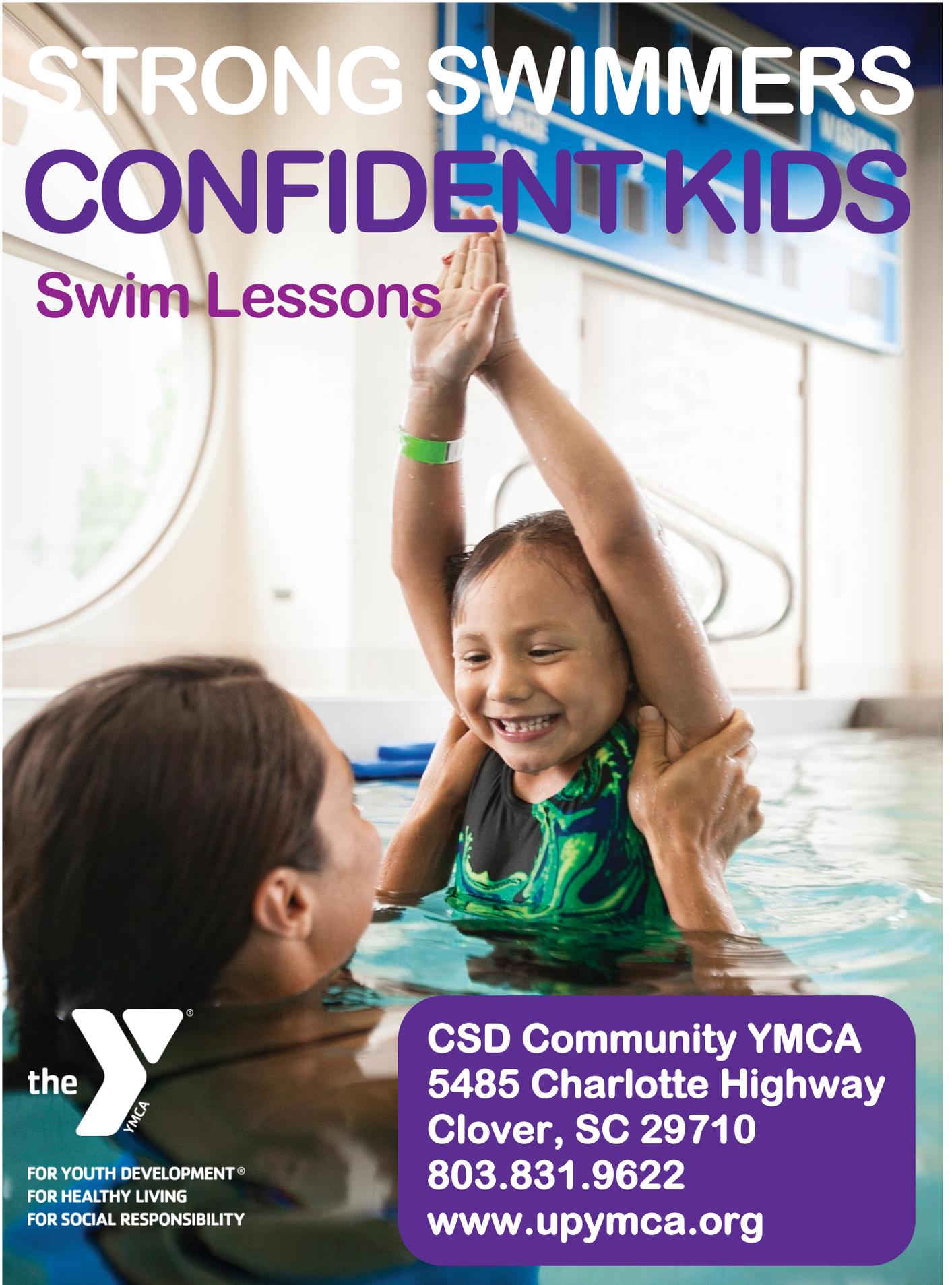


STRONG SWIMMERS CONFIDENT KIDS

Swim Lessons



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD Community YMCA
5485 Charlotte Highway
Clover, SC 29710
803.831.9622
www.upymca.org

WE'RE HERE FOR EVERYONE



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.

Swim Basics for Preschool, School Age, Teen, and Adult

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, School Age, Teen, and Adult

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.



Rays Swim Team

The UPYMCA RAYS Swim Team, is a year-round swim team for children ages 5 and up. We are a competitive program designed to meet the needs of swimmers of all levels. We are a “Y” team and a “USA Swimming” team which means we compete in local, regional, and national YMCA meets and in meets organized by United States Swimming. Swimming through the RAYS provides physical, emotional and intellectual skills that last a lifetime.

For More Information Contact

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WINTER 2018 | CSD COMMUNITY YMCA SWIM LESSONS

Weekday Evening Lessons (Tuesday/Thursday)			
Session Dates	December (Mini Session) (12/4-12/13)	January (1/8-1/31)	February (2/5-2/28)
Registration Begins	November 1, 2018		
Program Pricing	Members \$30 Non-Members \$45	Members \$45 Non-Members \$70	
Preschool (Ages 3-5)	1 / Water Acclimation 2 / Water Movement 3 / Water Stamina 4 / Stroke Introduction	5:10-5:40pm, 5:50-6:20pm and 6:30-7:00pm 5:10-5:40pm and 6:30-7:00pm 4:30-5:00pm 4:30-5:00pm	
Youth (Ages 6-12 years)	1 / Water Acclimation 2 / Water Movement 3 / Water Stamina 4 / Stroke Introduction	4:30-5:00pm, 5:50-6:20pm and 6:30-7:00pm 4:30-5:00pm and 5:50-6:20pm 5:10-5:40pm 5:10-5:40pm	
Adult (Ages 13+ years)	All Abilities	5:50-6:20pm	
Parent/Child (Ages 6-36 months)	A / Water Discovery B / Water Exploration	6:30-7:00pm 6:30-7:00pm	

Weekday Morning Lessons (Tuesday/Thursday)				
Session Dates	November (11/6-11/15)	December (12/4-12/13)	January (1/8-1/17)	February (2/5-2/14)
Registration Begins	October 1, 2018			
Program Pricing	Members \$30 Non-Members \$45			
Preschool (Ages 3-5)	All Abilities	10:30-11:00am		
Parent/Child (Ages 6-36 months)	A / Water Discovery B / Water Exploration	10:00-10:30am 10:00-10:30am		

WINTER 2018 | CSD COMMUNITY YMCA SWIM LESSONS

Weekend Lessons (Saturday)			
Session Dates	December No Saturday Lessons	January (1/5-1/26)	February (2/2-2/23)
Registration Begins	November 1, 2018		
Program Pricing	Members \$30 Non-Members \$45		
Preschool (Ages 3-5)	1 / Water Acclimation	10:00-10:30am	
	2 / Water Movement	10:35-11:05am	
	3 / Water Stamina	11:10-11:40am	
	4 / Stroke Introduction	11:45-12:15am	
Youth (Ages 6-12 years)	1 / Water Acclimation	10:00-10:30am	
	2 / Water Movement	10:35-11:05am	
	3 / Water Stamina	11:10-11:40am	
	4 / Stroke Introduction	11:45-12:15am	

Registration for Spring 2019 (March, April and May) will begin on February 1, 2019

Group lessons (with the exception of mini-sessions and Saturdays) consist of eight (8) thirty (30) minute sessions. Seven (7) sessions will consist of skill building/improvement activities specific to the class level in the YMCA Swim Lesson Program and Safety Around Water Program. The remaining session will consist of a safety day, in which the participants will learn safety skills related to all aquatic environments.

Make-up Policy: Individual absences cannot be rescheduled unless there are extenuating circumstances such as extended illness (with doctor's note), a death in the family, etc. Classes will not be cancelled due to events such as the weather. The instructors have planned American Red Cross Swimming and Water safety activities to do in the classroom for such events. The CSD Community YMCA will schedule a make-up lesson should previous events prevent participants from missing 25% of in water lessons.

***Classes with fewer than 3 students may be canceled and those students registered will be moved to another class time.**