



NEW BRITAIN-BERLIN YMCA GROUP SWIM LESSONS

REGISTRATION WILL OPEN THURSDAY, MARCH 23RD @8AM

Monday, April 10th - Saturday, May 27th

Swim Starters (6 months- 3 years) - 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.

Monday @ 5:15pm-5:45pm, Wednesday @ 5pm-5:30pm

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

Saturday @ 10:30am-11am

Swim Basics (Preschool or School Age) - Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim sequencing front glide, back float, front glide, and exit. (2) Jump, push, turn, and grab.

- **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 of swimming.

Tuesday @ 4:15pm-4:45pm, Wednesday @ 4:30pm-5pm, Saturday 10:30am-11am

- **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.

Tuesday @ 4:45pm-5:15pm, Saturday @ 9am-9:30am, Saturday @ 9:30am-10am

- **3/Water Stamina**- In stage 3, students learn 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.

Monday @ 4:45pm-5:15pm, Wednesday @ 5:30pm-6pm, Saturday @ 10am-10:30am

Swim Strokes (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.

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- **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.

Saturday @11am-11:45am

- **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.

Saturday @ 11:45am-12:30pm

- **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.

Saturday @ 12:30pm-1:15pm

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable 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 their own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10-15 yards on their 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

GROUP LESSON FEES: Full member \$85.00 Program Member \$105.00

DEEP: FREE to New Britain members who qualify.

Please note: Our Group Lessons are on a first-come, first-serve basis depending on availability at the time of registration. Classes meet ONCE a week for either 30 or 45 minutes depending on the level. Instructors may vary from session to session. **There will be NO refunds issued.**

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