



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST KEEP SWIMMING

Cumberland Cape Atlantic YMCA | Swim Lessons



SPRING I SESSION 2024 | FEBRUARY 26 – APRIL 20

REGISTRATION BEGINS:

Monday, February 5, 2024 Facility Members

Monday, February 12, 2024 Program Members

SWIM LESSON FEES:

Facility Members: \$112.00 Program Members: \$152.00

RETURNING SWIM LESSONS PARTICIPANTS: If you have not been in Y Swim Lessons in the past 6 months or more, please register for the stage you last participated in.

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
SWIM STARTERS – PARENT/CHILD CLASSES; 6–36 MONTHS; 40 MINUTE CLASSES					
Stage A/B Water Discovery	Stage A/B 5:15–5:55pm				Stage A/B 8:30–9:10am
SWIM BASICS – PRESCHOOL CLASSES (PARENT IN WATER W/CHILD); 3–5 YEARS OLD; 40 MINUTE CLASSES					
Stage 1 Water Acclimation Stage 2 Water Movement Stage 3 Water Stamina	Stage 1–3 (w/parent) 6:00–6:40pm	Stage 1–3 (w/parent) 4:30–5:10pm	Stage 1–3 (w/parent) 5:15–5:55pm	Stage 1–3 (w/parent) 6:00–6:40pm	Stage 1–3 (w/parent) 9:15–9:55am
SWIM BASICS/SWIM STROKES – SCHOOL AGE CLASSES; 6–12 YEARS OLD; 40 MINUTE CLASSES TEEN/ADULT CLASSES; 13+ YEARS OLD; 40 MINUTE CLASSES					
Stage 1 Water Acclimation	Stage 1 6:45–7:25pm	Stage 1 6:00–6:45pm		Stage 1 4:30–5:10PM	Stage 1 10:00–10:40am
Stage 2 Water Movement	Stage 2 6:45–7:25pm	Stage 2 6:00–6:45pm		Stage 2 5:15–5:55pm	Stage 2 10:00–10:40am
Stage 3 Water Stamina				Stage 3 6:45–7:25pm	Stage 3 11:30am–12:10pm
Stage 4 Stroke Introduction		Stage 4 5:15–5:55pm	Stage 4 6:00–6:40pm		
Stage 5 Stroke Development			Stage 5 6:45–7:25pm		
Stage 6 Stroke Mechanics			Stage 6 7:30–8:10pm		
Stages 1–3 (Water Stamina through Stroke Introduction) Teen/Adult Lessons	Stage 1–3 7:30–8:10pm				Stage 1–3 10:45–11:25am

- Class may be cancelled due to low enrollment; there are no make-ups for missed lessons.
- Safety skills may be covered on land during storms/contaminations when participants cannot get in the water.

Turn over for more swim lesson
information and options

Cumberland Cape Atlantic YMCA

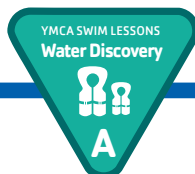
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STAGE DESCRIPTIONS

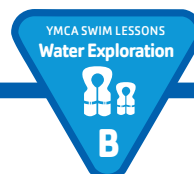
SWIM STARTERS

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 parent learn about water safety, drowning prevention and the importance of supervision.



A/WATER DISCOVERY

- Parent/Child (6-17 Months)
- Parents accompany their child. Infants and toddlers are introduced to the pool and encouraged to enjoy the water



B/WATER EXPLORATION

- Parent/Child (18-36 Months)
- Parents work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

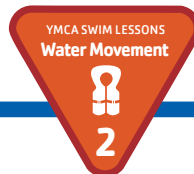
- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn grab



PRESCHOOL (3-5 YRS) *Parents in the water Stage 1-3

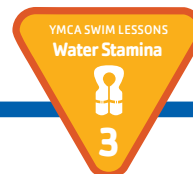
1/WATER ACCLIMATION

Students develop comfort with underwater exploration and learn 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.



2/WATER MOVEMENT

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.



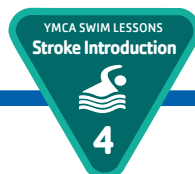
SCHOOL AGE (6-12 YRS), Teens & Adults

3/WATER STAMINA

Students learn how to swim safely 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.

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.



PRESCHOOL (3-5 YRS) SCHOOL AGE (6-12 YRS), Teens & Adults

4/STROKE INTRODUCTION

Students develop stroke technique in front 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 continued through treading water and sidestroke.



SCHOOL AGE (6-12 YRS), Teens & Adults

6/STROKE MECHANICS

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

PRIVATE LESSONS

Solo, Semi-private, and Family offered



Our Y offers a variety of private lesson options for those 5 years and older. Availability is limited.

For more information, please contact Assistant Aquatic Director, Mary Desjardins at aquatics@ccaymca.org or 856-691-0030 ext. 112.

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