



# SAFETY WITH A SPLASH OF FUN

Sign up today for YMCA Swim Lessons



## Shelby YMCA Swim Lessons

The YMCA offers swim lessons for all ages and all swim levels focusing on water safety and technique development. Rain or shine, summer or winter, your lessons will be held in an indoor heated pool taught by caring instructors who are dedicated to helping students succeed!

### GROUP LESSONS

The Y offers a wide range of swimming options. Structured classes are divided by age and skill level and taught by certified instructors who guide with praise and encouragement. Students will improve swimming skill and build confidence in the water and learn personal safety.

Session: **Spring 1 2021: March 1<sup>st</sup> – April 17<sup>th</sup>**

Swim Lessons Account #1314

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Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please select one option:**

**Swim Basics Preschool Classes (Ages 3-5) Mondays and Wednesdays 6:00-6:30 pm** : Members \$30/Non-Members \$80

1/Water Acclimation      2/Water Movement      3/Water Stamina      4/Stroke Introduction

**Swim Basics School-Age (Ages 5 and up) Mondays and Wednesdays 6:30-7:15 pm** : Members \$30/Non-Members \$80

1/Water Acclimation      2/Water Movement      3/Water Stamina

**Swim Strokes School-Age (Ages 5 and up) Mondays and Wednesdays 6:30-7:15 pm** : Members \$30/Non-Members \$80

4/Stroke Introduction      5/Stroke Development      6/Stroke Mechanics

I hereby waive and release any and all injuries or claims related to or connected with my child's participation at the Shelby YMCA in conjunction with the said program.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**For Office Use Only:**      Date Received: \_\_\_\_\_      Received by: \_\_\_\_\_

Payment:      Check # \_\_\_\_\_      Cash      Credit      Amount \$ \_\_\_\_\_      Member or Non-Member



# SAFETY WITH A SPLASH OF FUN

SAFE SWIMMING SAVES LIVES



Thank you for choosing the Shelby YMCA. Swimming is a life-long skill that everyone can enjoy, regardless of age. Swimming motivates participants to strive for self-improvement, teaches goal orientation, and cultivates positive mental attitude and self-esteem. There is a place for everyone at the Y; anyone at any skill level can take swim lessons. It is never too late to learn to swim and enjoy the water. As part of the Y's commitment to keep swimmers safe in and around water, the Y not only encourages children and adults to have fun and enjoy the numerous benefits of swimming, but to always make safety their first priority.

**Swim Basics** Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1) swim, float, swim – sequencing front glide, roll, back float, glide, roll, front glide, and exit; and 2) jump, push, turn, 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 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.

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

**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 reading 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.

Shelby YMCA Community Center 111 W. Smiley Ave Shelby, OH 44875 419-347-1312

\*\*\*[shelbyy.org](http://shelbyy.org)