



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WINTER SWIM LESSONS 2022

### CLASSES OFFERED:

#### **Parent/Child (6-36 months)**

The primary objective is water adjustment. Parents will learn how to work with their child and keep them safe in and around the water. Children play games that use basic movements in the water such as kicking, arm strokes, & breath control.

**Water Acclimation:** Designed for new swimmers, will focus on submersion, basic swim building blocks, and water safety rules.

**Water Movement:** For children more comfortable in the water. Children at this level should be able to float on their back for 10 seconds and swim with their face in the water for 15 feet.

**Water Stamina:** Children at this level must be able swim on their front and back for at least 10 yards on their own. Children will continue to work on skills that promote water safety.

**Stroke Introduction:** Children at this level should be able to swim one full length of the pool. Children will begin to practice the skills that build stamina while learning strokes.

**Stroke Development:** Children can swim freestyle and backstroke for the length of the pool. They also have intro skills for butterfly and breaststroke. Children continue building stroke technique and stamina.

**Stroke Mechanics:** At this level, the child can swim the length of the pool in all competitive swim strokes. Children will prepare for competitive swimming (swim team).

SESSION DATES/TIMES: **\*Please visit our website to register online**

#### **January Session**

**M, W 1/3 - 1/26**

**TU, TH 1/4 - 1/27**

**SAT 1/8 - 1/29**

#### **February Session**

**M, W 1/31-2/23**

**TU, TH 2/1-2/24**

**SAT 2/5-2/26**

Parent Child – SAT 10:30am

Preschool or School Age Swim Lessons M-W  
or Tu-Th: 5:10pm, 5:50pm, 6:30pm

Adult/Teen: MW or Tu-Th: 7:15pm-7:45 pm

Saturday – 9:45am, 10:30am, 11:15am

**Weekday Session (8 Lessons) Member**  
**\$85 | Non-Member \$120**

**Saturday Session (4 Lessons) Member**  
**\$45 | Non-Member \$75**

Please send any questions or concerns to [lmoberg@ymcadallas.org](mailto:lmoberg@ymcadallas.org)

#### **FINANCIAL ASSISTANCE AVAILABLE**

**YMCA Mission:** To put Christian values into practice through programs that build healthy spirit, mind, and body for all.