



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Swim Lesson Descriptions

Parent/Child - Age 6-18 months

Parent and child perform activities based on the developmental abilities of the child. This play-date in the water allows children to explore the water in a fun and social way. The class is taught through a series of songs and games to develop a trust and enjoyment of water. Parent participation in the water is required.

Parent/Child 2 - Age 18-36 months

Participants should complete Parent-Child 1 to become familiar with surroundings, instructor, other students, but P-C 1 is not mandatory. Through song and movements over an 8 week time frame, participants will be introduced to: Bobbing, wall walking, underwater exploration, arm and leg action on front and back, jump into water, and head under water. In-water parent participation is required. Goggles are helpful but not necessary.

PRESCHOOL SWIMMERS 3-5 YEARS of AGE

PSA 1 - Beginner

Children in this class will be supported by an instructor. They will learn to put their face in the water, enter pool using ramp or steps, blow bubbles for 3 seconds and exit water. Front glide 2 body lengths, then roll to back float and hold 3 seconds.

PSA 2 - Beginner Intermediate

This class is for children who have **PASSED PSA 1**. Child will submerge head in water 5 times. Front glide 2 body lengths, roll to back and float 15 seconds. Glide on back 2 body lengths and roll to front. Front swim 3 body lengths, roll to 15 second back float and continue front swim 3 body lengths

SWIMMERS AGE 6 or OLDER

LTS 1 - Beginner

This class is for children who have little swimming experience. They learn to travel 5 yards or more, bob 5 times and exit pool independently. Front glide 2 body lengths, roll to back float hold 5 seconds. This class may need to be repeated several times.

LTS 2 - Beginner Intermediate

This class is for children who have **PASSED LTS 1 and/or PSA 2**. They must be able to fully submerge their head 10 times. Tread or float 15 second, swim 5 body lengths and exit pool without any support. Front glide 5 body lengths and roll to back float hold 15 seconds.

LTS 3 -Intermediate

This class is for swimmers who have **PASSED LTS 2**. Jump into deep water and recover, tread or float 1 minute, make full body turn, orient to exit point, swim front crawl or elementary back stroke 25 yards, then exit pool.

Push off in streamline, forward swim 15 yards, change position and direction, swim elementary backstroke 15 yards, exit pool.

LTS 4 & Above -Advanced

We recommend UCY Hurricanes Non-Competitive Swim Team or UCY Hurricanes Swim Team for these levels.

Private Lessons

Private swim lessons are a great way to give your child the individual attention they need. Lessons are 45 minutes in length and are sold in five lesson packages for swimmers ages 10+. OR lessons are sold in seven lesson package for 30 minutes for swimmers 9 and younger. A YMCA instructor will work one on one with your child to teach them the skills they need for a lifetime of aquatic safety and fun.

YMCA Member- Private Lesson

Session = 5-45 Minute OR 7-30 Minute Lessons

Single child - \$125/session

2 Family Members - \$175/session

3 Family Members-\$250/session

Non Member-Private Lesson

Session = 5-45 Minute OR 7-30 Minute Lessons

Single child - \$200/session

2 Family Members - \$250/session

3 Family Members- \$325/Session

