

# 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 songs and games to develop a trust and enjoyment of water. In-water parent participation 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

### AGES 3–5

#### PSA 1

Beginner

Children in this class will be supported by an instructor. They'll learn to:

- put their face in the water
- enter pool using ramp or steps
- blow bubbles for 3 seconds
- exit water
- Front glide 2 body lengths, then roll to back float and hold 3 seconds.

#### PSA 2

Beginner Intermediate

For children who PASSED PSA 1, they'll learn:

- submerging 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-sec back float and continue front swim 3 body lengths

## YOUTH SWIMMERS

### AGE 6 or OLDER

#### LTS 1

Beginner

For children who have little swimming experience. Child will learn how to:

- travel 5 yards or more
- bob 5 times and exit pool independently
- Front glide 2 body lengths, roll to back float and hold 5 seconds.

This class may need to be repeated several times.

#### LTS 2

Beginner Intermediate

For children who PASSED LTS 1 and/or PSA 2 who are able to fully submerge their head 10 times. They'll learn how to:

- Tread or float 15 second
- swim 5 body lengths & exit pool without support
- Front glide 5 body lengths, then roll to back float and hold 15 seconds

#### LTS 3

Intermediate

For swimmers who PASSED LTS 2; they'll learn:

- 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

Recommended for UCY Hurricanes Non-Competitive Swim Team or UCY Hurricanes Swim Team

## ADULT

Beginner

For adults (18yrs or older) to help encourage and develop swimming skills.

## PRIVATE LESSONS

A YMCA instructor will work one-on-one with your child to teach the skills they need for a lifetime of aquatic safety and fun. This is a great way to give your child the individual attention they need.

### Private Lesson Package Options

- Five 45-minute lessons, ages 10+
- Seven 30-minute lessons, ages 9 and younger

### Cost/package

Members

Non-Members

Single child

\$125

\$200

2 Family Members

\$175

\$250

3 Family Members

\$250

\$325