

SWIM LESSON DESCRIPTIONS

PARENT/CHILD

Age 6-36months

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.

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.

In-water parent participation is required.

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

In-water parent participation is required.



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.

In-water parent participation is required.

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 | YMCA Members | Non-Members |
|------------------|--------------|-------------|
| Single child | \$190 | \$265 |
| 2 Family Members | \$240 | \$315 |
| 3 Family Members | \$315 | \$390 |