



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CREATING CONFIDENCE

**2019 SWIM LESSONS**

**LOCK HAVEN AREA YMCA**



**LOCK HAVEN AREA YMCA**  
145 East Water St., Lock Haven, PA 17745  
P 570.748.6727 W [lockhavenymca.com](http://lockhavenymca.com)

# SESSION DATES

## Winter Session:

**Saturday, January 26 - March 2, 2019**

Classes meet once a week for 6 weeks

**Weekday, February 12 - February 28, 2019**

Classes meet twice a week for three weeks on Tues/Thurs

## Spring Session 1:

\*NO class Saturday, April 20, 2019

**Weekday, March 19 - April 4, 2019**

Classes meet twice a week for three weeks on Tues/Thurs

**Saturday, March 23 - May 4, 2019**

Classes meet once a week for 6 weeks

## Spring Session 2:

**Weekday, April 16 - May 2, 2019**

Classes meet twice a week for three weeks on Tues/Thurs

**Weekday, May 21 - June 6, 2019**

Classes meet twice a week for three weeks on Tues/Thurs

## Fall Session 1:

**Weekday, Sept. 3 - Sept. 19, 2019**

Classes meet twice a week for three weeks on Tues/Thurs

**Saturday, Sept. 7 - Oct. 12, 2019**

Classes meet once a week for 6 weeks

**Weekday, Oct. 1 - Oct. 17, 2019**

Classes meet twice a week for three weeks on Tues/Thurs

## Fall Session 2:

\*NO class Thursday, Oct. 31 or Saturday, Nov. 23

**Saturday, Oct. 26 - Dec. 7, 2019**

Classes meet once a week for 6 weeks

**Weekday, Oct. 29 - Nov. 19, 2019**

Classes meet twice a week for three weeks on Tues/

# REGISTRATION OPENS

- Winter Session: Member, January 2  
Non-member, January 9
- Spring Session 1: Member, February 26  
Non-member, March 5
- Spring Session 2: Member, March 26  
Non-member, April 2
- Fall Session 1: Member, August 12  
Non-member, August 19
- Fall Session 2: Member, October 8  
Non-member, October 15

# SESSION TIMES

## SATURDAY

### Classes offered

Classes offered	Time
Swim Starters: Stage A	9:00-9:30am
Swim Starters: Stage B	9:35-10:05am
Swim Basics: Pre-K Stages 1-2-3	10:10-10:40am
Swim Basic: Youth Stages 1-2-3	10:45-11:15am
Swim Strokes: Youth Stages 4-5	11:20-Noon

## WEEKDAY

### Classes offered

Classes offered	Time
Swim Starters: Stage B	6:10-6:40pm
Swim Basics: Pre-K Stages 1-2-3	5:00-5:30pm
Swim Basics: Youth Stages 1-2-3	5:35-6:05pm
Swim Strokes: Youth Stages 4-5	6:10-6:50pm

# SESSION FEES

## Swim Starters: Stages A & B

Y Members \$40

Non-members \$55

## Swim Basic & Swim Strokes Youth: Stages 1 - 5

Y Members \$48

Non-members \$72

# SAFETY AROUND WATER:

## June 10 - June 20, 2019

Classes meet Monday - Thursday

### TIME:

Grades K-2 5:00-5:30pm

Grades 3-5 5:35-6:05pm

### FEE:

\$20 per child, \$15 second sibling

### REGISTRATION:

Register by grade completed

Member: May 13, 2019

Non-member: May 20, 2019

# SWIM LESSONS

## Swim Starters:

### Parent/Child Classes

Ages 6 months - 3 years old  
30 minute classes - Stages A & B

#### STAGE A: WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment.

#### STAGE B: WATER EXPLORATION

In Stage B, parents work with their children to learn fundamental safety and aquatic skills.



## Swim Strokes:

### Youth Swim Lessons

Ages 5 - 12 years  
40 minute classes - Stages 4-5

#### STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl, they learn the breaststroke and butterfly kick.

#### STAGE 5 STROKE DEVELOPMENT

Students refine stroke technique on all major competitive strokes.

## SAFETY AROUND WATER:

### What Is The YMCA's Safety Around Water Program?

Through learning how to perform a sequenced set of skills, the risk of drowning is reduced, giving your child confidence in and around water.

Session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics, such as what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

## Swim Basics:

### Preschool Swim Lessons

Ages 3 - 5 years

### Youth Swim Lessons

Ages 5 - 12 years

30 minute classes - Stages 1-2-3

#### STAGE 1: WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit the pool.

#### STAGE 2: WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water.

#### STAGE 3: WATER STAMINA

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.



## SPOTS ARE LIMITED!

Please register a week prior to each session.

Classes subjected to  
cancel or combine due to low participation.

For more information

call the Lock Haven Area YMCA 570-748-6727

Visit <https://www.lockhavenymca.com/program/aquatics>

Register online <https://www.lockhavenymca.com/register>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER  
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER  
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER  
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE  
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE  
MECHANICS

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



The LOCK HAVEN AREA YMCA is a partner agency of  
the Clinton County United Way