



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM PLAY GROW

Swim Lessons

Classes begin the week of October 31

More details on back

Wabash County YMCA

500 S Cass Street

Wabash, IN 46992

(260) 563-9622



Wabash County YMCA Swim Lessons

Class will be held once a week for 7 weeks.

Classes are broken down by **AGE** for registration.

DURING THE CLASS YOUR CHILD WILL BE EVALUATED BY THE INSTRUCTOR AND INSTRUCTED BASED ON THEIR INDIVIDUAL LEVEL.

CHILD CAN BE MOVED TO A DIFFERENT AGE GROUP IF AGREED UPON BY BOTH THE PARENT AND AQUATIC STAFF.

Parent/Child (Age 6 months – 3 years old)

THIS PROGRAM OFFERS ACTIVITIES BASED ON THE DEVELOPMENTAL ABILITIES OF THE CHILD. PARENT LEARNS HOW TO POSITIVELY AND CREATIVELY ENCOURAGE WATER SKILLS THROUGH INSTRUCTION AND PLAY AS THEIR CHILD BECOMES MORE COMFORTABLE IN THE WATER.

Preschool (Age 3-5 years old)

PRESCHOOL SWIM LESSONS FOCUS ON BASIC SWIM SKILLS AND POOL SAFETY. CHILDREN MOVE THROUGH PROGRESSIVE LEVELS AS THEY INCREASE SWIMMING DISTANCE, ENDURANCE AND ABILITY WITH EACH LEVEL.

Levels (Each child in the class will be identified at one of these levels and instructed based on that level)

Pike: For beginners 3-5 with no water experience. The class teaches fundamentals of swimming.

Oct: Must be able to float on front and back, kick on front and back 5 feet without support, push off the wall to an instructor with or without help, swim a combined stroke for 3 yards, and submerge underwater for 3 seconds and blow bubbles

Ray: Must be able to paddle 3 yards on front, paddle 3 yards on back, float on front & back with recover, and jump in and return to the wall

Progressive (Age 6-12 years old)

STUDENTS BUILD ON STROKE DEVELOPMENT, RESCUE, PERSONAL GROWTH, PERSONAL SAFETY, WATER SPORTS & GAMES. CHILD MOVES THROUGH PROGRESSIVE LEVELS AS THEY INCREASE SWIMMING DISTANCE, ENDURANCE AND ABILITY WITH EACH LEVEL.

Levels (Each child in the class will be identified at one of these levels and instructed based on that level)

Pollwog: Must be able to swim crawl stroke and begin rotary breathing for 15 yards, jump in deep water and swim to safety, tread water for 30 seconds with help, and swim with floatation 15 yards backstroke/elementary backstroke

Guppy: Must be able to put face in water, breathe side to side, float on front & back, kick and glide.

Minnnow: Swims easily on stomach in deep water using crawl stroke, can breathe on side & swim back crawl.

Fish: Can complete 25 yards front and back crawl, 3 minute survival float, able to dive.

Flying Fish: Can complete 50 yards front and back crawl, 50 yards

Teen and Adult (Age 13 years old and up)

TEEN AND ADULTS LEARN BASIC SWIM AND SAFETY SKILLS. TECHNIQUES FOR OVERCOMING FEAR OF WATER ARE ALSO COVERED. CLASSES CAN RANGE FROM BEGINNER SWIMMERS, ALL THE WAY THROUGH THOSE IN COMPETITIVE LEAGUES, OR THOSE WHO JUST WANT REFINEMENT.

Fall II Classes (Week of October 31-Week of December 12)

Registration ends October 30

Class	Wednesday	Saturday	Price
Parent/Child (6months – 3 years)	10:00-10:30am	9:00-9:30am	Member \$30/Program Member \$60
Preschool (3-5 years)	10:35-11:05am 5:50-6:20pm	9:35-10:05am	Member \$30/Program Member \$60
Progressive (6-12 years)	5:00-5:45pm	9:35-10:20am	Member \$35/Program Member \$70
Teen and Adult (13 and up)	5:50-6:35pm		Member \$35/Program Member \$70

Financial Assistance Available