Swim Lesson General Information

INTRODUCTION

Swimming is a life skill as well as a great exercise and a challenging sport. The Rockland County YMCA offers swim lessons for all ages and abilities. Registration is available online and at our Front Desk. Group lessons run continuously through the year in monthly sessions. Lesson groups include Swim Starters, Swim Basics, and Swim Strokes. Private and semi-private lessons are also available.

SWIM STARTERS

Ages 6 months to 3 years: Accompanied by a Parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

*We define parent broadly to include all adults with primary responsibility for raising children. Including biological parents, adoptive parents, guardians, step parents, grand parents, or any other type of parenting relationship.

Stage Descriptions:

A/ Water Discovery Introduces infants and toddlers to the aquatic environment.

B/ Water Exploration Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIMMING BASICS FOR PRESCHOOL, SCHOOL AGE, TEENS, AND ADULTS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim- sequencing front glide, roll, back float, roll, front glide and exit- as well as jump, push, turn, grab. In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

Stage Descriptions:

1/ Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2/ Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3/ Water Stamina Develops intermediate self-rescue skills performed at longer distances than in Stage 2.
SWIM STROKES FOR PRESCHOOL, SCHOOL AGE, TEENS, AND ADULTS

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social–emotional and cognitive well-being, and foster a lifetime of physical activity. In Stroke Introduction, Stroke Development, and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Stage Descriptions:

4/ Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5/ Stroke Development Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6/ Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Tips and Info for Swim Lesson Procedure

- Swim Lessons run year-round on monthly billing, and are 30min/class, and are offered for ages 6 months to Adult. If you wish to discontinue classes, please submit a 30 day written notice.
- Please arrive 5 min. before the lesson start time in order to check in at the Front Desk. Swimmers will be directed to the pool at this time.
- **Swim Starters A and B are parent-child classes** come prepared to get in the water with your child. For all other levels, please observe lessons from the chairs in the lobby.
- If your child is reluctant to get in the water, please allow your instructor and the supervisor to assist. Our team is trained to handle these situations.
- The last 5 minutes of every lesson are Fun and Games. At this time, swimmers will be encouraged to do activities they enjoy most, and to jump from the side of the pool.
- The last full week of every month is Progress Week. We will hand out Progression Cards and celebrate your child’s progress.
- Questions? Email James Mullen, Aquatics Director: JMullen@rocklandymca.org, or Lisa Tkach, Assistant Aquatics Director: LTkach@rocklandymca.org.