STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. All swim instructors will be wearing masks and leading non-contact instructions. They will be providing lessons, while socially distanced in the water and from the pool deck.

Swim Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck. Groups will be socially distanced from others.

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

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

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>6 months - 3 years</td>
<td>Swim Starters Stages A-B</td>
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<tr>
<td>Parent* &amp; Child</td>
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<tr>
<td>3 years - 5 years</td>
<td>Swim Basics Stages 1-4</td>
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<td>Preschool</td>
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<tr>
<td>5 years - 12 years</td>
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<td>School Age</td>
<td>Swim Strokes</td>
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<td>12+ years</td>
<td>Swim Basics Stages 1-6</td>
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<tr>
<td>Teen &amp; Adult</td>
<td>Swim Strokes</td>
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**SWIM STARTERS**

Accompanied by one 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.

**Age Group 6 months - 3 years**

Parent* & Child

**Stages A-B**

**SWIM STARTERS**

**Stage A / Water Discovery**

One parent* accompanies their child in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Member: $50 / Community Member: $100
Saturday, 10:25am

**SWIM STARTERS**

**Stage B / Water Exploration**

In Stage B, one parent will work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Member: $50 / Community Member: $100
Saturday, 10:25am

**POOL GUIDELINES**

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol.

MINI SUMMER 5 WEEK SESSION: JULY 27– AUGUST 23, 2020
SWIM BASICS

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.
- Jump, push, turn, grab.

One parent is required to be in the pool with their student.

Age Group:
- 3 years – 5 years Preschool
- 5 years – 12 years School Age
- 12+ years – Teen & Adult

Stages 1–3

SWIM BASICS

Stage 1 / Water Acclimation
Along side one parent, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

Member: $50 / Community Member: $100
Preschool Monday, 4:05pm
Preschool Friday, 4:05pm
School Age Monday, 5:05pm
School Age Friday, 5:05pm
School Age Saturday, 12:05pm
Teen & Adult Saturday, 8:00am

SWIM BASICS

Stage 2 / Water Movement
In Stage 2, students, with one parent, focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Member: $50 / Community Member: $100
Preschool Tuesday, 4:05pm
Preschool Thursday, 4:05pm
School Age Tuesday, 5:05pm
School Age Thursday, 5:05pm
School Age Saturday, 12:05am
Teen & Adult Saturday, 8:00am

SWIM BASICS

Stage 3 / Water Stamina
In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. One parent is required to assist in the pool.

Member: $50 / Community Member: $100
Preschool Wednesday, 4:05pm
Preschool Saturday, 9:45am
School Age Wednesday, 5:05pm
School Age Saturday, 9:05am

CLASS LEVEL POLICY
For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

REGISTER FROM HOME AT WWW.SOUNDVIEWYMCA.ORG
SWIM STROKES

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.

Age Group:
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 4–6

SWIM STROKES
Stage 4 / Stroke Introduction
Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.

Member: $53 / Community Member: $106
Preschool Saturday, 9:05am
Preschool Saturday, 9:45am
School Age Friday, 6:05pm
School Age Saturday, 9:05am
School Age Saturday, 10:25am

SWIM STROKES
Stage 5 / Stroke Development
Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Member: $53 / Community Member: $106
School Age Tuesday, 6:05pm
School Age Thursday, 6:05pm
School Age Saturday, 11:05am
Teen & Adult Saturday, 8:00am

SWIM STROKES
Stage 6 / Stoke Mechanics
In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Member: $53 / Community Member: $106
School Age Wednesday, 6:05pm
School Age Saturday, 11:05am
Teen & Adult Saturday, 8:00am

PRIVATE and SEMI PRIVATE SWIM LESSONS
AGES: 3 and up
One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant. Participants in Semi Private Lessons must be in the same household.

MEMBERS ONLY CAN REGISTER: Please submit the Private Lesson Registration Form found on www.soundviewymca.org. Forms can be emailed to soundviewinfo@cccymca.org.

OBSERVATION POLICY
While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session.