

YOUTH DEVELOPMENT

AQUATICS

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.

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.

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

6 Week Session

November 1 - 21 & November 29 - December 18

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: \$60

Community Member: \$120

Saturday

8:30am

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: \$60

Community Member: \$120

Saturday

9:05am

AGE GROUP

STAGE

6 months - 3 years
Parent* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years
Preschool

SWIM BASICS
SWIM STROKES

Stages 1-4

5 years - 12 years
School Age

SWIM BASICS
SWIM STROKES

Stages 1-6

12+ years
Teen & Adult

SWIM BASICS
AQUATIC
CONDITIONING

Stages 1-4



POOL GUIDELINES

All swimmers & spectators are required to follow Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

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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.

6 Week Session

November 1 - 21 & November 29 - December 18

SWIM BASICS

Stage 1 – Water Acclimation

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. Both a 4 and 8-week sessions will be offered.

Member: \$65

Community Member: \$130

6 Weeks Preschool

Tuesday 4:30pm
 Tuesday 5:40pm
 Wednesday 5:05pm
 Saturday 9:40am

6 Weeks School Age

Monday 4pm
 Wednesday 5:40pm
 Thursday 4:30pm

SWIM BASICS

Stage 2 – Water Movement

In Stage 2, students 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: \$65

Community Member: \$130

8 Weeks Preschool

Monday 4:35pm
 Wednesday 4:30pm
 Saturday 10:15am

8 Weeks School Age

Tuesday 5:05pm
 Tuesday 6:15pm
 Thursday 4pm

AGE GROUP

STAGE

6 months - 3 years
 Parent* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years
 Preschool

SWIM BASICS
 SWIM STROKES

Stages 1-4

5 years - 12 years
 School Age

SWIM BASICS
 SWIM STROKES

Stages 1-6

12+ years
 Teen & Adult

SWIM BASICS
 SWIM STROKES

Stages 1-4

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.

Member: \$65

Community Member: \$130

8 Weeks

Monday 5:10pm
 Wednesday 6:15pm
 Thursday 5:45pm
 Saturday 10:50am



CLASS LEVEL POLICY

We reserve the right to transition children up or down a swim level at any time during the session.

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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.

6 Week Session

November 1 - 21 & November 29 - December 18

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: \$70 **Community Member: \$140**

6 Weeks

Monday	5:45pm
Thursday	5pm
Saturday	11:25am

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: \$70 **Community Member: \$140**

6 Weeks

Saturday	12:10pm
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MINI STINGRAYS

AGES 6-12

This pre-competitive program aims to be an introduction to competitive swimming, designed to prepare swimmers to join the Stingrays.

An emphasis is placed on teaching the competitive strokes, starts, turns, finishes, and other aspects of the sport. Swimmers must be able to swim 25 yards of freestyle and 25 yards of backstroke.

Members (2x): \$120 **Community (2x): \$240**

Members (1x): \$60 **Community (1x): \$120**

6 Weeks, 2x per week

Monday & Wednesday	5pm
Tuesday & Thursday	5pm

6 Weeks, 1x per week



PRIVATE SWIM LESSONS

AGES: 3 and up

Private instruction with a trained swim instructor scheduled at the convenience of the individual and pool availability. We offer 1:1, 2:1, or 3:1 ratios.

Prices are per student.

1:1	\$165 (4 lessons)
2:1	\$100 (4 lessons)
3:1	\$85 (4 lessons)

Please request availability by contacting Alex Hunter, Aquatics Director at ahunter@cccymca.org.

OBSERVATION POLICY

While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session. We have limited spectators to one person per swimmer- that means only one person may remain on the pool deck for the duration of the lesson.

SOCIAL RESPONSIBILITY

AQUATICS

FLICK AND FLOAT Family Movie Night

No need for popcorn at this monthly movie night! Enjoy a different family-friendly movie each month while you float around in our heated pool. Movie showings will begin within 30 minutes of event start. You may bring inflatables to lounge with. Price includes 2 adults + 1 youth.

Member: \$10 (\$2 per additional child)
Community: \$15 (\$2 per additional child)

November 19 6:00-8:00pm
December 10 6:00-8:00pm



FAMILY FUN FRIDAYS Family Swim Times

Join us for themed fun in the pool!

H2O Glow

We'll turn the lights down low so you can glow! At this glow-in-the-dark pool party you will have fun, family swim while participating in a glow stick drop, seeing a fun lighted display, and more!

Member: \$0
Community: \$5 per swimmer

November 12 5:30-7:00pm
December 3 5:30-7:00pm

Inflatable Friday

Get your float on! Bring in an inflatable to lounge on while enjoying your swim time. This is at no additional cost to you, but a suggested donation to our Community Support Campaign of \$5 per float is welcome!

November 5 5:00-7:00pm
December 17 5:00-7:00pm

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

The American Red Cross Pool Lifeguarding course will help you develop skills and experience that will be valued by colleges and future employers. Upon successful completion of this course, you will be certified in Pool Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer. Completion of all blended learning material is required, certification is based up successful completion of both written and practical skill examinations. All in person classes must be attended. Enrollment does not guarantee certification. (Pre-requisite skills test of 300 yard swim, 2 minutes of treading water with legs only and 20 yard swim with object retrieval is required to take course and tested on first day of class).

Certification is provided at no cost to the individual if they guarantee to work at the Soundview Family YMCA for six months post-hiring.

Course #1

Tuesday, November 9 8:30am-1pm
Thursday, November 11 8:30am-1pm
Tuesday, November 16 8:30am-1pm
Thursday, November 18 8:30am-1pm

Course #2

Saturday, November 13 8am-2pm
Sunday, November 14 8am-2pm
Saturday, November 20 12-4pm

Questions? Contact Course Instructor & Aquatics Director Alex Hunter at ahunter@cccymca.org.

