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
Wednesday, 4:00pm
Saturday, 10:30am

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: $50 / Community Member: $100
Wednesday, 4:45  Saturday, 11:10am

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

**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 Tuesday, 8:30am
- Preschool Saturday, 8:30am
- School Age Tuesday, 4:00pm
- School Age Saturday, 9:10am

**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, 9:10am
- Preschool Saturday, 9:10am
- School Age Tuesday, 4:40pm
- School Age Saturday, 9:50am

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**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.

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**MINI FIVE WEEK SESSION**

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tr>
<td>6 months – 3 years</td>
<td><strong>SWIM STARTERS</strong> Stages A-B</td>
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<td>Parent* &amp; Child</td>
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<td>3 years – 5 years</td>
<td><strong>SWIM BASICS</strong> Stages 1-4</td>
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<td>Preschool</td>
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<td>5 years – 12 years</td>
<td><strong>SWIM BASICS</strong> Stages 1-6</td>
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<td>Teen &amp; Adult</td>
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</tbody>
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**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 Tuesday, 9:50am
- Preschool Saturday, 9:50am
- School Age Saturday, 4:00pm
- School Age Saturday, 10:30am

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**REGISTER FROM HOME AT WWW.WOODRUFFYMCA.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 Wednesday, 5:00pm
Preschool Saturday, 10:20am
School Age Wednesday, 4:50pm
School Age Saturday, 8:30am

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 Thursday, 4:00pm
School Age Saturday, 9:20am

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 Thursday, 4:45pm
School Age Saturday, 10:15am

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.woodruffymca.org. Forms can be emailed to nthibodeau@cccymca.org.

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