



# SAFETY AROUND WATER SWIM LESSONS

**SPRING 1 SESSION**

March 4th–April 27th

**GREATER VALLEY YMCA, EASTON/PHILLIPSBURG BRANCH** [gv-ymca.org](http://gv-ymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPRING SESSION 1 SESSION

MARCH 4TH-APRIL 27TH

REGISTER ONLINE  
OR AT THE  
WELCOME CENTER!

Teaching children how to be safe around water is not a luxury; it is a necessity. The Y is “America’s Swim Instructor” and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming.

### PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Age 3 and older. Private and Semi-Private Swim Lessons consists of 30 minute lessons. For more information and to schedule lessons please contact the Aquatics Department.

Member	Private \$45	Semi-Private \$37 per participant	Special Members Only Lesson Packages \$200 for six (6) 30 min Private Lessons
Non-member	\$90	\$50 per participant	\$175 per participant for six (6) 30 min Semi-Private Lessons

### LESSON DESCRIPTIONS

#### A/B PARENT/CHILD

Ages 6 months to 3 years

Introduces infants and toddlers to the aquatic environment by exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Wednesdays	6:00 PM
Saturdays	11:30 AM

#### 1/WATER ACCLIMATION

Ages 3 to 5 years

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

Monday	4:30 PM
Wednesdays	5:15 PM
Saturdays	10:45 AM

#### 2/ WATER MOVEMENT

Ages 3 to 5 years

Encourages forward movement in water and basic self-rescue skills performed independently

Mondays	5:15 PM
Saturdays	10:00 AM

#### 3/ WATER STAMINA

Ages 3 to 5 years

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Wednesdays	4:30 PM
Saturdays	10:00 AM

#### 1/ WATER ACCLIMATION

Ages 5 to 12 years

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

Mondays	4:30 PM
Wednesdays	5:15 PM
Saturdays	10:00 AM

#### 2/ WATER MOVEMENT

Ages 5 to 12 years

Encourages forward movement in water and basic self-rescue skills performed independently

Mondays	6:00 PM
Wednesdays	4:30 PM

#### 3/ WATER STAMINA

Ages 5 to 12 years

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Mondays	5:15 PM
Saturdays	10:45 AM

#### 4/ STROKE INTRODUCTION

Ages 5 to 12 years

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

Fridays	5:15 PM
Saturdays	10:00 AM

#### 5/Stroke Development

Ages 5-12 years

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

Fridays	4:30 PM
Saturdays	10:45 AM

#### 6/Stroke Mechanics

Ages 5-12 years

Refines the stroke technique. Having mastered the fundamentals, students learn additional water safety skills and build stroke techniques, and skill set.

Fridays	6:00 PM
Saturdays	10:45 AM

#### ADULTS

Ages 18 & UP

Swim lessons for adults new to swimming or those who want to improve or refine their skills in a small group setting.

Mondays	6:00 PM
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REGISTRATION NOW OPEN

SESSION	DATES TO NOTE	MEMBER	NON MEMBER
Spring 1 Session	8 Week Session	\$110	\$175

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY