



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO SWIM LESSONS AT THE Y

The Y is committed to providing children of all skill levels opportunities to experience the fun and health benefits of swimming. All classes are led through a nationally certified curriculum and are under lifeguard supervision.

Water Discovery & Exploration (Parent/Child)

\$30 member / \$55 non-member

Ages 6 months—3 years, accompanied by a parent or caregiver. Learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.

Swim Basics for Preschool & School Age

\$45 member / \$69 non-member

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 previous stages.

Swim Strokes for Preschool & School Age

\$45 member / \$69 non-member

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 breast-stroke 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.



**PROPER SWIM ATTIRE IS REQUIRED TO SWIM IN
SALEM YMCA POOLS.**

For more information and to register visit us at www.theYonline.org.

Fall 2017 Swim Lessons

Water Discovery & Exploration

- Ages 6 months to 3 years, parent or caregiver in the pool with child
- 5 Week Session Times:
 - ◇ Monday & Wednesday 10:00-10:30 am
 - ◇ Tuesday & Thursday 11:15am-11:45am **OR** 5:45PM-6:15pm
- 10 Week Session Times:
 - ◇ Saturday 9:30-10:00am **OR** 11:15am-11:45am

Pre-School: Beginners Age 3-5 years

Swim Basics: Levels 1-3

- 5 Week Session Times:
 - ◇ Monday & Wednesday 5:15pm-5:45pm
 - ◇ Tuesday & Thursday 10:00am-10:30am **OR** 4:30pm-5:00pm **OR** 6:30pm-7:00pm
- 10 Week Session Times:
 - ◇ Saturday 10:45am-11:15am
 - ◇ Sunday (**Levels 1 & 2 ONLY**) 2:00pm-2:30pm

School Age: Beginners Age 6-14 years

Swim Basics: Levels 1-3

- 5 Week Session Times:
 - ◇ Monday & Wednesday 4:30pm-5:15pm
 - ◇ Tuesday & Thursday 10:30am-11:15am **OR** 5:00pm-5:45pm **OR** 7:00pm-7:45pm
- 10 Week Session Times:
 - ◇ Saturday 10:00am-10:45am
 - ◇ Sunday 1:15-2:00pm

Advanced Swimmers All Ages up to 14 years

Swim Strokes: Levels 4-6

(Must pass Swim Basics before registering for Swim Strokes)

- 5 Week Session Times:
 - ◇ Tuesday & Thursday 10:30-11:15am **OR** 5:00pm-5:45pm **OR** 7:00-7:45pm
- 10 Week Session Times:
 - ◇ Saturday 10:00am-10:45am

5 Week Session Dates:

September 11-October 12
(Registration Starts Aug. 23)

October 16- November 16
(Registration Starts Sept. 27)

November 20-December 21
(Registration Starts Nov. 8)

10 Week Session Dates:

September 16-November 18
(Registration Starts Aug. 23)

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INTERESTED IN PRIVATE LESSONS? CALL 503-399-2792 FOR INFORMATION OR TO SCHEDULE A SESSION!