



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# SWIM LESSON SCHEDULE | 6/30-8/24







## OLD COLONY YMCA—MIDDLEBORO BRANCH

61 E. Grove St., Middleboro, MA 02346 | 508-947-1390 | [www.oldcolonymca.org](http://www.oldcolonymca.org)

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**PRICES: 8 WEEK SESSION \$80 MEMBERS/\$120 COMMUNITY MEMBERS**

**4 WEEK SESSION (6/30-7/27, 7/28-8/24) \$50 MEMBERS/\$75 COMMUNITY MEMBERS**

|  |  |   |   |   |  |
|--|--|---|---|---|--|
|  <b>SWIM STARTERS</b><br>Parent Child Lessons   |  <b>SWIM STARTERS</b><br>Parent Child Lessons   |  <b>SWIM BASICS</b><br>Parent Child Lessons  |  <b>SWIM BASICS</b><br>Parent Child Lessons  |  <b>SWIM BASICS</b><br>Parent Child Lessons  |  <b>SWIM STROKES</b><br>Parent Child Lessons  |
| <b>A/ Water Discovery</b><br>Parents accompany children 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. | <b>B/ Water Exploration</b><br>In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. | <b>1/ Water Acclimation</b><br>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. | <b>2/ Water Movement</b><br>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. | <b>3/ Water Stamina</b><br>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. | <b>4/ Stroke Introduction</b><br>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 treading water and elementary backstroke. |

|             | 6 - 18 MONTHS | 19 MONTHS - 3 YEARS | 3 - 5 YEARS  | 3 - 5 YEARS            | 3 - 5 YEARS               | 3 - 5 YEARS   |
|-------------|---------------|---------------------|--------------|------------------------|---------------------------|---------------|
| <b>SUN</b>  | 9-9:30am      | 9:40-10:10am        | 9:40-10:10am | 9:40-10:10am           | 9-9:30am<br>10:45-11:15am | 11-11:30am    |
| <b>MON</b>  |               |                     | 4-4:30pm     | 4:30-5pm               | 5-5:30pm                  |               |
| <b>TUES</b> |               |                     |              |                        |                           |               |
| <b>WED</b>  |               | 10-10:30am          | 10:30-11am   | 11-11:30am<br>5:30-6pm | 11:30-12pm                |               |
| <b>THUR</b> | 10-10:30am    |                     | 11-11:30am   | 11:30-12pm             |                           | 10:30-11am    |
| <b>FRI</b>  |               |                     |              |                        |                           |               |
| <b>SAT</b>  | 9-9:30am      | 9:40-10:10am        | 9:40-10:10am | 10:45-11:15am          | 11:30-12pm                | 10:45-11:15am |



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**PATHWAYS**  
Specialized Track

**7/ Aquatic Conditioning**  
Designed for ages 6 and up

Ideal for swimmers who are interested in joining a swim team, who enjoy camaraderie and conditioning in a non-competitive environment.

**PATHWAYS**  
Specialized Track

**7/ Aquatic Leadership**  
Designed for ages 12 and up

Ideal for swimmers interested in learning what it's like to be a lifeguard or swimming instructor.

**PATHWAYS**  
Specialized Track

**7/ Recreation**  
Designed for ages 6 and up

Ideal for swimmers who love all types of water recreation, including a variety of water sports and games.

**SWIM BASICS**  
Parent Child Lessons

**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.

**SWIM BASICS**  
Parent Child Lessons

**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.

**SWIM BASICS**  
Parent Child Lessons

**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.

**SWIM STROKES**  
Parent Child Lessons

**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 treading water and elementary backstroke.

**SWIM STROKES**  
Parent Child Lessons

**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.

**SWIM STROKES**  
Parent Child Lessons

**6/ Stroke 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.

|             | <b>6 - 12 YEARS</b> | <b>6 - 12 YEARS</b>       | <b>6 - 12 YEARS</b> | <b>6 - 12 YEARS</b> | <b>6 - 12 YEARS</b> | <b>6 - 12 YEARS</b> |
|-------------|---------------------|---------------------------|---------------------|---------------------|---------------------|---------------------|
| <b>SUN</b>  | 11:30-12pm          | 10:15-10:45               | 9-9:30am            | 10:15-11am          | 11:15-12pm          | 10:15-11am          |
| <b>MON</b>  | 5:30-6pm            |                           | 10-10:30am          | 10:30-11:15am       |                     | 11:15-12pm          |
| <b>TUES</b> |                     | 4:30-5pm                  | 4-4:30pm            |                     |                     | 5-5:45pm            |
| <b>WED</b>  |                     |                           |                     | 4-4:45pm            | 4:45-5:30pm         |                     |
| <b>THUR</b> |                     |                           |                     |                     |                     |                     |
| <b>FRI</b>  |                     |                           |                     |                     |                     |                     |
| <b>SAT</b>  | 9:40-10:10am        | 9-9:30am<br>10:15-10:45am | 10:15-10:45am       | 10:45-11:30am       | 11:15-12pm          | 11:15-12pm          |