

## Specialized Swim Lessons

**Special Needs** This class is provided for children who have extra needs or need more specialized instruction. The class enrollment is kept low to ensure that each child gets specialized attention.

• A parent, guardian, or counselor is required to accompany the child in the water during the lesson.

•• Please inquire for times and fees ••

## Private Swim Lessons For YMCA Members

This is for the individual who needs or would like one on one attention. Instructors will assist you with a range of needs from fear of water to advanced stroke techniques. 30 & 60 minute lessons are scheduled at your convenience and according to pool and instructor availability.



## Nurturing skills and building confidence in the water

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.

Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

### YMCA of Kingston & Ulster County

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STRONG SWIMMERS CONFIDENT KIDS

Swim Lessons  
YMCA of Kingston & Ulster County



Classes for All Ages and Abilities



## WE'RE HERE FOR EVERYONE

All ages—from infants to seniors—can learn to swim. Check out our class offerings below to find one that fits your family's busy schedule.

### Parent /Child Programs

Accompanied by a 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.

#### Parent /Infant Swim

Ages 6-24 Months w/Parent This is a parent and child swimming enrichment program. Through songs and nursery rhymes children are encouraged to be comfortable in the pool and begin learning swimming strokes.

#### Parent/ Child Swim

Ages 2-4 w/Parent

Parents accompany their children in the water. Children continue to learn skills with parents and prepare to move on to independent lessons.

### Preschool I

Ages 3-5

Preschool I is a beginner level that uses 2-4 bubbles. No swim evaluation is required. The participant has little to no experience in an aquatic environment and might be fearful and/or anxious. The participant cannot put face in the water or paddle, lie on back, or jump in without assistance.

### Preschool II

Ages 3-5

Preschool II is an intermediate level that uses only 1 bubble. A swim evaluation is required. The participant must be able to jump in without assistance, paddle on front and back the width of the pool. Participants exhibit a rudimentary crawl (big arms) with basic rhythmic breathing and can demonstrate an elementary backstroke ("money-airplane-soldier"). Participant has an understanding of a flutter kick and can bob 15 times.

### Youth Swim Lesson Ages 6-12 Years

This is a progressive skill-building program where children work on further refining their swimming skills and knowledge of pool safety.

**Level I** This is a beginner level that uses 2-4 bubbles. A swim evaluation is not required. The goal of Level I is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely. Participants have very little or no swim background, they focus on elementary aquatics skills, develop positive attitudes, good swimming habits, and safe practices in and around the water including safely entering/exiting the water, blowing bubbles, bobbing, opening eyes underwater to retrieve submerged objects, front and back gliding, alternating arm and leg action, combined stroke movement, and treading water. Most skills are performed with support.

**Level II** This is a beginner-intermediate level that uses 1-3 bubbles. A swim evaluation is required. The goal of Level II is to help swimmers who have achieved comfort in the water gain familiarity with fundamental

skills and achieve success without support. Level II focuses on teaching swimmers to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, and lay a foundation for future strokes, all without support from the swim instructor.

**Level III** Participants begin working on front crawl, sidestroke, back-stroke, and rhythmic breathing.

**Level IV** Participants continue development of front & back crawl, and breaststroke. Participants start to learn butterfly stroke and begin increasing endurance, & water safety.

**Advance/ Level VI Stroke & Endurance** Participants will continue to develop and refine all five main strokes. This class focuses on improving efficiency and endurance. In addition, stroke work will include individual medley, front & back flip turns and streamlining.

### TEEN/ADULT SWIM LESSONS AGES 13+

**Beginner** You will learn basic swimming skills such as the crawl stroke, breathing techniques, and floating to serve as a foundation for further swim development.

**Intermediate/Advance** Adults with basic swimming skills will work on advancing their swim abilities while increasing swimming endurance.

[Fast and convenient registration is available for members and previous swim registrants!](#)

First time swimmers will need to call 845-338-3810 or come into the membership office during business hours.

**Membership Business Hours:**

Monday-Thursday 9:00 am-5:00 pm  
Friday 9:00 am-3:00 pm

\* We do not provide make-up classes if a program participant is absent or unavailable to attend the class. Attending all classes within a session is the sole responsibility of the participant and/or parents. However in the case of a snow day or a day where the pool is closed a make-up class will be provided.