Fun! With a splash of confidence

Swimming Lessons For All Ages!

Water Discovery A Introduces infants & toddlers to the aquatic environment
Water Discovery B Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills
Stage 1: Water Acclimation Increases comfort with underwater exploration & introduces basic self-rescue skills performed with assistance
Stage 2: Water Movement Encourages forward movement in water and basic self-rescue skills performed independently
Stage 3: Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages
Stage 4: Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke
Stage 5: Stroke Development Introduces breaststroke & butterfly and reinforces water safety through treading water and sidestroke
Stage 6: Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Have questions? E-mail nscott@ymcaulster.org or contact The membership office at 845-338-3810 ext. 112. Visit our website for more details: www.ymcaulster.org

Upcoming swim sessions:
- Fall session: September 10, 2018– November 3, 2018 * NO Classes October 31, 2018*
- Winter session: November 12, 2018– December 22, 2018
- Mid-Winter session: January 7, 2019– March 2, 2018
- Spring session: March 11, 2019– May 4, 2019
- Mid-Spring session: May 13, 2019-June 29, 2019* NO Classes May 27, 2019*