



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN! WITH A SPALSH 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](mailto:nscott@ymcaulster.org) or contact The membership office at 845-338-3810 ext. 112. Visit our website for more details: [www.ymcaulster.org](http://www.ymcaulster.org)**

### Up coming 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\***