



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS SWIM LESSONS

Our aquatics department offers swim lessons for all skill and ages. Instruction starts at 8 months with Swim Starters program (accompanied by a parent) and progresses to the Swim Strokes program. Instruction progresses from creating a comfort in the water to specific instruction involved with the development of strokes.

Each participant will be taught to their own swimming level regardless of swim time. It is strongly recommended that any young swimmer be tested before registration for our Swim Stroke course.

Swim Starters: (8 MO. – 3 YRS) This type of lessons is currently not being offered

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.

Swim Basics: (3 YRS. – 5 YRS.)

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

Swim Strokes: (5 YRS. – 12 YRS.)

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic diseases, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Cost:

Y-Member: \$35

Non-Member: \$50

Monthly Session Information:

Each session is offered Tuesday and Thursday for the month for a total of 8 lessons.

Student to instructor ratio 5:1

FOR DATES AND TIMES REACH OUT THE WELCOME CENTER AT 325.655.9106

Sessions are offered annually.

Aaron Byrd

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