

SAFE SWIMMERS START HERE

YMCA SWIM LESSONS OLEAN & BRADFORD YMCAS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

At the YMCA, we are dedicated to providing quality swim instruction and introduction to water safety. Lesson groups are determined by the swimmer's current ability.

See reverse side for more details.



Registration opens two weeks prior to session start date.
Call (716) 373-2400 or (814)368-6101, visit yourymca.org, or register at the YMCA!

PROGRESSIVE SWIM LESSON

Olean & Bradford YMCAs Session Class Schedule

CLASS SCHEDULE

MONDAY

O/B	Level 1/2 (Y)	5:00 - 5:45 PM
O/B	Level 3/4 (Y)	5:00 - 5:45 PM
O/B	Level 5/6 (Y)	5:00 - 5:45 PM

TUESDAY

O	Level 1/2 (Y)	5:00 - 5:45 PM
O	Level 3/4 (Y)	5:00 - 5:45 PM
O	Level 5/6 (Y)	5:00 - 5:45 PM
O	Stage A (PC)	5:45 - 6:15 PM
O	Stage B (PC)	6:15 - 6:45 PM

WEDNESDAY

O/B	Level 1/2 (Y)	5:00 - 5:45 PM
O/B	Level 3/4 (Y)	5:00 - 5:45 PM
B	Level 5/6 (Y)	5:00 - 5:45 PM

THURSDAY

O	Level 1/2 (Y)	5:00 - 5:45 PM
O	Level 3/4 (Y)	5:00 - 5:45 PM
O	Level 5/6 (Y)	5:00 - 5:45 PM

SATURDAY

O/B	Stage A (PC)	9:00 - 9:30 AM
O/B	Stage B (PC)	9:30 - 10:00 AM
O/B	Level 1/2 (P)	10:00 - 10:45 AM
O/B	Level 3/4 (P)	10:00 - 10:45 AM
O/B	Level 1/2 (Y)	10:00 - 10:45 AM
O/B	Level 3/4 (Y)	10:00 - 10:45 AM
O/B	Level 5/6 (Y)	10:00 - 10:45 AM

KEY:

O = Olean

B = Bradford

Y = Youth Level Ages 5-12

P = Pre-School Level Ages 3-5

PC = Parent Child

COST:

Members: \$20 for the 6-week session

Non-Members: \$60 for the 6-week session

CLASS DESCRIPTIONS

PARENT/CHILD SWIM LESSONS

STAGE A: Water Discovery

Introduces infants and toddlers to the aquatic environment. 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.

STAGE B: Water Exploration

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Accompanied by a parent, toddlers build upon comfort level by basic stroke introduction - front crawl, back and front float, entering and exiting safely, etc.

Note: One adult must accompany each child in the pool and swim diapers are required.

PRESCHOOL SWIM LESSONS

LEVEL 1 & 2 Water Acclimation and Movement

Increases comfort with underwater exploration and introduced basic self rescue skills, basic stroke concepts, performed with assistance. Encourages forward movement in water such as front crawl, backstroke, front and back float. Basic self-rescue skills are performed independently.

LEVEL 3 & 4 Water Stamina and Stroke Development

Develops intermediate self rescue skills performed at longer distances. Introduces basic stroke technique in front crawl, back crawl, as well as reinforces water safety through elementary backstroke, breast stroke, and treading.

YOUTH SWIM LESSONS

LEVEL 1 & 2 Water Acclimation and Movement

Increases comfort with underwater exploration and introduced basic self rescue skills, basic stroke concepts, performed with assistance. Encourages forward movement in water such as front crawl, backstroke, front and back float. Basic self-rescue skills are performed independently.

LEVEL 3 & 4 Water Stamina and Stroke Development

Develops intermediate self rescue skills performed at longer distances. Introduces basic stroke technique in front crawl, back crawl, as well as reinforces water safety through elementary backstroke, breast stroke, and treading.

LEVEL 5 & 6 Stroke Development and Mechanics

Introduces breaststroke and butterfly, sidestroke, diving, etc. Refines stroke technique on all major competitive strokes, turns, starts and encourages swimming as part of a healthy lifestyle.

2019 Session Dates

WINTER 1:

January 7 - February 16

WINTER 2:

February 25 - April 6

SPRING 1:

April 8 - May 18

SPRING 2:

May 20 - June 29

SUMMER 1:

July 8 - August 17

SUMMER 2:

September 2 - October 12

FALL 1:

October 14 - November 23

FALL 2:

November 25 - January 4