

## NUTRURING 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 SCHOOL POLICIES

- Classes must be paid before the first lesson of your choice.
- A minimum number of students must be registered for each class in order to run. Low enrollment may result in cancellations.
- Cancellations must be made on the 25th of the current month to un-enroll for the following month.
- Refunds will not be issued
- Make-up days (Friday) are provided ONLY if the YMCA cancels a class. We will reach out to you via PlayerSpace.
- Refunds will not be made for classes not attended.
- Where there is cloud to ground lightning, the pool will close. If these conditions occur, we will do our best to contact you prior to your lesson.
- Depending on availability, registration for classes will end 48 hours before the session start date.

### LESSON TIPS AND INFORMATION

**Arrive on Time** – It is important for students to be on deck and ready to go five minutes before their class starts.

**Restroom** – Please make sure your child uses the restroom prior to class. If your child is unable to use the restroom during class without assistance, we ask that parents stay on deck during class time.

**First Day of Class** – Please wait on the benches at the deep end of the pool before class starts. Aquatic staff will greet you and take your child to their class. The Aquatic Coordinator will be able to answer any questions you may have throughout the session.

**Parent Observation** – Parents are asked to stay at the deep end of the pool near the benches during lessons so the participants are not distracted during class.

**Progress Reports** – At the end of each month, your child will receive a certificate of achievement. The report will contain information on your child's progress as well as what level you should sign them up for next month of swim lessons. Parents can also track progress after each lesson through PlayerSpace.

**Reminder** – No two children progress at the same rate. Each child learns at a different pace depending on factors such as physical growth, comfort, practice, and previous experience. It is important to note that the Jordan Y Swim School is not a Pass/Fail program.

**Draft** - Jordan YMCA Swim School is on a monthly draft and pulled on the 1st of every month. Please cancel by the 25th to unenroll for the following month. Refunds will not be issued.

## STAGE SELECTOR

Can the student respond to verbal cues and jump on land?	NOT YES	A /WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YES	B /WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YES	1 /WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YES	2 /WATER MOVEMENT
Can the student swim 10 - 15 yards on his or her front and back?	NOT YES	3 /WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YES	4 /STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YES	5 /STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YES	6 /STROKE MECHANICS



The Aquatic Staff is committed to ensuring the success of your child's instruction experience. If you have any questions, comments or concerns contact Gaby Slayton at (317) 610-3769 or [gslayton@indymca.org](mailto:gslayton@indymca.org).



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY


## CONFIDENCE WITH EVERY STROKE

Jordan YMCA Swim School

JANUARY 4, 2021  
THRU  
MAY 29, 2021



The mission of the Jordan YMCA is to put Christian principles into practice through programs that promote healthy spirit, mind, and body for all.

		<b>Parent &amp; Child</b> Ages 6mos - 3yrs		<b>Preschool</b> Ages 3 - 5yrs		<b>Youth</b> Ages 6 - 12yrs					
		Swim Starters Stage A & Stage B		Basics Stage 1, 2 & 3		Strokes Stage 4		Basics Stage 1, 2 & 3		Strokes Stage 4, 5 & 6	
<b>January 4, 2021—May 31, 2021; Meets once a week, drafts monthly.</b>											
Monday	AM	9:40 30 min		10:15 30 min							
	PM			5:45 30 min				5:10 30 min			
Tuesday	AM										
	PM	5:30 30 min		6:05 30 min		6:05 30 min				5:20 40 min	
Wednesday	AM										
	PM			5:45 30 min				5:10 30 min		6:00 40 min	
Thursday	AM			9:35 30 min		10:15 30 min					
	PM			5:25 30 min		5:25 30 min		6:00 30 min			
Saturday	AM	9:35 30 min		11:30 30 min		10:15 30 min				9:35 30 min	
								10:55 30 min		10:10 40 min	

### GROUP SWIM LESSONS

Parent-child lessons receive a special YMCA rubber duck, and youth participants will receive a T-shirt on the first day of lessons. All swimmers will also receive stage sticker that fit in an achievement medal to mark their accomplishments after 2 consecutive months in swim lessons! Programs draft on the 1<sup>st</sup> of the month. If you pay in the middle of the month, you reserve your spot for the following month. See back for more policies.

**\$68; \$45 Y-Member**

**NO SWIM LESSON DATES INCLUDE:** Winter Break (Dec 23-Jan 3), Washington Township Spring Break (Mar 29-Apr 2) \*See Express Lessons\*, Easter (Apr 4), Memorial Day (May 31)



<b>PATHWAYS: ENDURANCE, SPORTS, AND GAMES</b>
The program continues to build endurance on all major strokes and encourages aquatic sports and games as part of a healthy lifestyle. Develops knowledge in various aquatic skills and sports, such as water polo, snorkeling, diving, and synchronized swimming.
*Must be at least a Stage 5 swimmer
<b>Tuesday at 7:00pm</b>
<b>40 minutes</b>

<b>Teen &amp; Adult</b> Ages 13 & Up	
Basics Stages 1 - 3	Strokes Stages 4-6
<b>Monday</b>	
7:00 p.m. 40 min	
<b>Saturday</b>	
9:00 a.m. 40 min	11:00 a.m. 40 min
JAN 4, 2021-MAY 31, 2021 \$68; \$45 Y Member Meets once a week, drafts monthly	

### SWIM STARTERS

Parent & child lessons



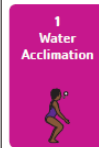
Introduces infants and toddlers to the aquatic environment



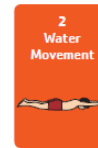
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills

### SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



Encourages forward movement in water and basic self-rescue skills performed independently



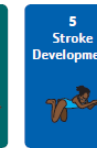
Develops intermediate self-rescue skills performed at longer distances than in previous stages

### SWIM STROKES

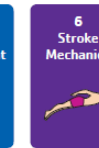
Skills to support a healthy lifestyle



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

### SCHOOL'S OUT CAMP & EXPRESS SWIM LESSONS (Ages 3 - 12yrs) 30 minutes

This swim lesson program consists of four classes offered in a one week period. Classes will be offered during the week of Washington Township Spring Break (Mar 29-Apr 2).

**Preschool (3-5yrs) \$58; \$31 Y Member:** 4:00 p.m. - 4:30 p.m.

**School-Age (6-12yrs) \$58; \$31 Y Member:** 4:00 p.m. - 4:30 p.m.

### SWIM TEAM: Jordan Sharks (Ages 18yrs & Under) 60 minutes

Join the Jordan Sharks, our competitive youth swim team! This team is designed for developmental as well as intermediate swimmers. Team members will compete with other YMCAs as well as other teams in the state. Payment is drafted monthly. Meet dates: TBD.

**Developmental (Mon & Wed at 6:00 p.m.) \$98; \$49 Y Member per month**

Participants will practice twice a week to focus on key swim team skills including starts, turns and stroke development.

**Intermediate (Mon, Wed, & Fri at 6:00 p.m.) \$147; \$73 Y Member per month**

This group will practice three times a week with an emphasis on building endurance and stroke mechanics.

### TEEN & ADULT LESSONS (Ages 13 & Up) 40 minutes

It's never too late to learn how to swim! The YMCA offers 2 levels of teen and adult swim lessons. Each lesson meets once a week and drafts on the 1<sup>st</sup> of each month. See chart for dates, times and pricing.

**Basics \$68; \$45 Y Member:** Designed to help non-swimmers feel comfortable in the water. Swimmers progress at their own pace and learn the enjoyment of water activities.

**Stokes \$68; \$45 Y Member:** Designed for swimmers who feel comfortable in the shallow and deep ends of the pool, but now need to develop their swimming stroke. This class is not intended for those only needing technical refinement.

### PRIVATE & SEMI-PRIVATE SWIM LESSONS (Ages 3 & Up) 30 minutes

Private and semi-private lessons are available during open swim times and are available to swimmers of all ages and abilities. Cancellations must be made 24 hours in advance. Participants must register at the Member Service Desk. See chart for pricing

<b>Swim Team</b> Ages 18 & Under	
Developmental 2x per Week	Advanced 3x per Week
<b>Monday</b>	
6:00 p.m. 60 min	6:00 p.m. 60 min
<b>Wednesday</b>	
6:00 p.m. 60 min	6:00 p.m. 60 min
<b>Friday</b>	
	6:00 p.m. 60 min
<b>Dates &amp; Pricing</b>	
Monthly Draft \$98; Y Member \$49	Monthly Draft \$147; Y Member \$73



<b>Private Swim Lessons*</b>
\$269; \$136 Y Member 30 min/1x wk (7wks) *no online registration
<b>Semi-Private Swim Lessons*</b>
\$228; \$114 Y Member 30 min/1x wk (7wks) *no online registration