



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LIKE A FISH!

## Swimming Lessons at The YMCA of Bristol

The YMCA Swim Lesson program teaches children to be safe and have fun around the water. We create an environment where all can come together to learn, grow and thrive. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship; participating in swimming at the Y is about building the whole child.

Classes are held two days per week for four weeks:

Tuesday/Thursday  
5:00pm, 5:45pm, 6:30pm

Parent/Child: 6-36 months (5:00pm)

Preschool: 3-5 years (5:45pm)

School Age: 6-12 years (6:30pm)

Questions? Please contact Member Services (423)968-3133.

**Members: \$35**

**Potential Members: \$70**

(The Y also offers classes for teens and adults)

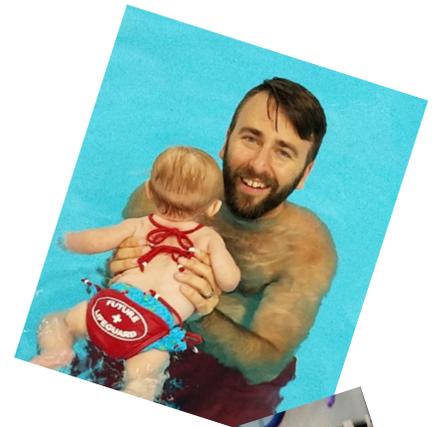
### 2019 Winter/Spring Schedule:

TUESDAY/ THURSDAY

February 19th - March 14th

March 26th - April 18th

April 30th - May 23rd



### YMCA of Bristol

400 MLK Jr. Blvd., Bristol, TN 37620  
P 423 968 3133 W [bristolymca.net](http://bristolymca.net)



# STAGE DESCRIPTIONS

## SWIM STARTERS

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.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

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



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

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



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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**HAVE MORE QUESTIONS?** Our Member Services staff is available to answer your questions about the swim lessons program.