





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONEJO VALLEY YMCA WINTER GROUP SWIM LESSONS

January 8–March 3

TIME	MON & WED	TUES & THURS	TIME	SATURDAY
			9:00 AM	STAGE A/B (PARENT-TOT)
			9:35 AM	STAGE 1 (3-5 yrs Beginners) STAGE 1/2 (6+ yrs Beginners)
			10:10 AM	STAGE 2 (3-5 yrs Intermediate) STAGE 5 (6+ yrs Advanced)
			10:45 AM	STAGE 3 (3-5 yrs Advanced) STAGE 3/4 (6+ yrs Intermediate)
3:45 PM	STAGE 1 (3-5 yrs Beginners) STAGE 1/2 (6+ yrs Beginners)	STAGE 3 (3-5 yrs Advanced) STAGE 3/4 (6+ yrs Intermediate)		
4:20 PM	STAGE 3 (3-5 yrs Advanced) STAGE 3/4 (6+ yrs Intermediate)	STAGE 1 (3-5 yrs Beginners) STAGE 1/2 (6+ yrs Beginners)		
4:55 PM	STAGE 2 (3-5 yrs Intermediate) STAGE 5 (6+ yrs Advanced)	STAGE 2 (3-5 yrs Intermediate) STAGE 3/4 (6+ yrs Intermediate)		
5:30 PM	STAGE 1 (3-5 yrs Beginners) STAGE 6 (PRE-TEAM)	STAGE 1 (3-5 yrs Beginners) STAGE 6 (PRE-TEAM)		
6:05 PM	STAGE 1/2 (6+ yrs Beginners) STAGE 5 (6+ yrs Advanced)	STAGE 2 (3-5 yrs Intermediate) STAGE 5 (6+ yrs Advanced)		

DAYS	MON /WED	TUES/THURS	SATURDAY
SESSION LENGTH	14 Lessons NO LESSONS Martin Luther King Day 1/15 and Presidents Day 2/19	16 Lessons	8 Lessons
PRICE PER SESSION	Facility Members: \$140.00 Program Members: \$280.00	Facility Members: \$160.00 Program Members: \$320.00	Facility Members: \$80.00 Program Members: \$160.00

Register at the Member Service Center or ONLINE using your Southeast Ventura County YMCA app!

## REGISTRATION OPENS:

PRE-REGISTRATION Current Fall 3 Swimmers– December 1st

Facility Members– December 4th

Program Members– December 11th

Please contact the Head Swim Instructor, Ryan Egan with any questions or comments:  
[REgan@sevyymca.org](mailto:REgan@sevyymca.org)



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# LESSON SELECTOR

## **Parent Tot Swim Lesson- Ages 6 months-35 months (Max 10 pairs per class)**

**STAGE A/B** **Water Discovery (Parent Tot)**- Begins as an introduction to the aquatic environment for parents and their infant or child. This includes the basics of water safety, water orientation and adjustment. This class gives parents the basic teaching skills of swimming and floating through fun songs and games. This class also develops the basics of swimming and floating.

## **Preschool Swim Lesson: Ages 3-5 (Maximum of 4 swimmers per class)**

**STAGE 1** **Water Acclimation (Pike)**: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Prerequisites: 3 years old.

**STAGE 2** **Water Movement (Eel)**: Encourages forward movement in water and basic self-rescue skills performed independently.

Prerequisites: Completion of Stage 1: Water Acclimation (Pike). Child must be comfortable going under water.

**STAGE 3** **Water Stamina (Ray)**: Develops intermediate self-rescue skills performed at longer distances than in previous stages

Prerequisites: Completion of Stage 2: Water Movement (Eel) or front and back float for 15 seconds unassisted and swim 15 feet without a floatation device.

## **Youth Swim Lesson: Ages 6 and older (Maximum of 5 swimmers per class)**

**STAGE 1/2** **Water Acclimation & Water Movement (Polliwog)**: Encourages forward movement in water and basic self-rescue skills performed independently. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Prerequisite: 6 years old

**STAGE 3/4** **Water Stamina & Stroke Introduction (Guppy)**: Develops intermediate self-rescue skills performed at longer distances than in previous stages. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Prerequisite: Completion of Stage 1: Water Stamina & Stage 2: Stroke Introduction stage (Polliwog) or ability to swim the length of the pool without assistance.

**STAGE 5** **Stroke Development (Minnow)**: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

Prerequisite: Completion of Stage 3: Water Stamina & Stage 4: Stroke Introduction (Guppy) or the ability to swim the length of the pool without assistance in freestyle with rhythmic breathing, breaststroke and backstroke without assistance.

**STAGE 6** **Stroke Mechanics (Shark School)**: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Prerequisite: Completion of Stage 5: Stroke Development stage (Minnow) or ability to swim two lengths of the pool in both freestyle and backstroke.

### **Group Lesson Minimum Policy:**

A minimum of 3 children is required for each Youth Group Swim Lesson and a minimum of 2 for the Preschool Group Swim Lessons. If the minimum is not met 1 week after the start of the class, the class will be cancelled and you will have the option to upgrade to a Private Group Lesson (1-2 swimmers) for the an additional charge of \$60.00 for the session.

### **Group Swim Lesson CANCELLATION POLICY:**

If a participant decides not to participate in the swim lesson program, credit must be requested prior to the first day of the session. After the session has started, credits will only be issued for extended illness/injury with a doctor's note.