



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2018 MITCH PARK SWIM LESSONS

Swimmers are permitted to sign up for only one class per registration period

You are responsible for registering in the correct stage. See curriculum sheet on back for details.

JANUARY - MAY Classes:

Not all class times may be offered due to instructor availability

Parent/Child Stages A & B (6months-35months):

- Mon/Wed: 4:00-4:30pm
- Tues/Thurs: 10:15-10:45am
- Saturday: 9:00-9:30, 10:20-10:50am

Preschool Stages 1-3 (3-5yrs):

- Mon/Wed: 4:00-4:30, 6:30-7:00pm
- Tues/Thurs: 10:15-10:45, 10:50-11:20am
- Saturday: 9:00-9:30, 10:20-10:50am

Youth Stages 1-5 (6-12yrs):

- Mon/Wed: 4:35-5:15, 7:05-7:45pm
- Saturday: 9:35-10:15, 10:55-11:35am

Adult Classes Stages 1-6 (13 & up):**

- Tues/Thurs: 6:15-6:45pm (Stage 1-3)
- Tues/Thurs: 6:45-7:15pm (Stage 4-6)
- Saturday: 9:30-10:00am (Stage 1-3)
- Saturday: 10:00-10:30am (Stage 4-6)

Adult Special Needs Stages 1 and 4 (13 & up):

*****See curriculum sheet on back for details*****

- Saturday: 10:30-11:00am (Stage 1-3)
- Saturday: 11:00-11:30am (Stage 4-6)

Classes and times are subject to change

Classes are subject to cancellation due to weather or pool closings. We will try to make up all canceled classes, but we **only guarantee one** make up lesson due to cancellation per session.

******There will be no refunds once classes begin.******

Private lessons

<https://www.jotform.com/YMCAOKC/privatelessonrequest>

Session dates:

I: January 8 – February 3

*Member Registration: Dec. 18–Jan. 7
Non-Member: Dec. 21–Jan. 7*

II: February 5 – March 3

*Member Registration: Jan. 29–Feb. 4
Non-Member: Feb. 1–Feb. 4*

III: March 5 – April 7

*(No lessons 19th-25th happy Spring Break)
Member Registration: Feb. 26–Mar. 4
Non-Member: Mar. 1–Mar. 4*

IV: April 9 – May 5

*Member Registration: Apr. 2-9
Non-Member: Apr. 5-8*

V: May 7 – June 2

*Member Registration: April 30-6
Non-Member: May 3-6*

Group Lesson Prices

8 total lessons: (T/Th or M/W)

Household Members: \$20.00

Individual Member: \$30.00

Non-Member: \$45.00

4 total lessons: (Saturdays)

Household Members: \$10.00

Individual Member: \$15.00

Non-Member: \$22.50

To get important updates, reminders, and other information on your mobile phone:

Text @g3g486 to 81010 or (619)395-6542

Financial Assistance is available upon request for group lessons only



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Disclaimer: If a swimmer fails to meet the below requirements for the class in which they are enrolled, we cannot guarantee them a position

Key concepts of the curriculum:

Stage A & B: Water Discovery and Exploration (Swim Starters)

Drowning Prevention and Safety around Water. Games, songs, and water environment experiences.

Stage 1: Water Acclimation (*Swim Basics*)

Water Safety and Drowning Prevention. Introduction to being in the water.

Prerequisites: No skills required

Stage 2: Water Movement (*Swim Basics*)

Water Safety and Drowning Prevention. Introduction to balance in the water.

Prerequisites: Must be able to willingly submerge face and head under water

Stage 3: Water Stamina (*Swim Basics*)

Water Safety and Drowning Prevention. Introduction to swimming in the water.

Prerequisites: Stage 2 prerequisites plus must be able to float unassisted on front and back

Stage 4: Stroke Introduction (*Swim Strokes*)

Introduction to the four main strokes. Advanced water safety and drowning prevention.

Prerequisites: Stage 2 and 3 prerequisites plus must be able to swim unassisted 10-15 yards front and back

Stage 5: Stroke Development (*Swim Strokes*)

Refinement of the four main strokes. Advanced water safety and drowning prevention.

Prerequisites: Stage 2-4 prerequisites plus must be able to swim unassisted 10-15 yards freestyle, backstroke, breaststroke, and dolphin kick

Stage 6: Stroke Mechanics (*Swim Strokes*)

Advance stroke refinement and stamina building. Advanced water safety and drowning prevention.

Prerequisites: Stage 2-5 prerequisites plus must be able to swim 50 yards of freestyle and backstroke and must be able to swim 25 yards of breaststroke and butterfly

****Adult Lessons:** Stages 1-6 (Ages 13+)

Approximate ability is necessary. Classes are divided between swimmers and non-swimmers.

Typically, a swimmer is defined as someone who is confident and comfortable, capable of face-in swimming, and able to swim at least one length of the pool or 25 meters. Non-swimmers should enroll in Stage 1-3; swimmers should enroll in Stage 4-6. If you are unsure of your ability or have questions, contact the Swim Lessons Coordinator at (405)348-9622.

*****Special Needs Participants:** (Specific stage and ability requirements are listed above)

This class is for participants with physical or mental disabilities who may need special attention and consideration. Participants must be capable of being in the water on their own or have an assistant in the water with them.

FAQs:

- In which level should I enroll my child?
 - All children learn at a different pace. Determining which level is right for your child is dependent on their ability. We offer many levels with specific qualifications that must be met before they are ready to advance or enroll. If you are unsure, don't guess! Contact the Swim Lessons Coordinator for guidance. [Phone: \(405\)348-9622](tel:(405)348-9622) Email: RankinSwim@ymcaokc.org
- Why is my child not learning how to do traditional strokes?
 - While we will be teaching how to move through the water, we will not be teaching any swimming strokes to swimmers in stages 1-3. Drowning prevention and water safety are the main focus in these levels. The leading cause of death for children ages one through four is preventable drowning. Teaching children how to float and orient themselves in the water for self-rescue is more easily taught and accomplished than a complicated and technical stroke. Creating a solid foundation upon which to build the strokes is more beneficial long-term than letting a child learn a stroke without proper form.
- Why isn't my child allowed to wear goggles?
 - No goggles will be allowed in stages 1-3. In an emergency situations, goggles will not be available. Goggles act as a crutch which prevent swimmers from becoming fully comfortable in the water without them. Swimming competency is derived from practice and confidence, not through the use of goggles or floats.