

YMCA SWIM LESSONS

4 classes, 1/week

Parent Child: Member \$24, Non-Member \$36

Preschool & School Age: Member \$28, Non-Member \$40

STARTERS



A: WATER DISCOVERY

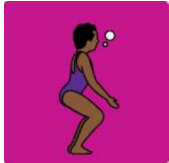
Stage A introduces infants and toddlers to the aquatic environment.



B: WATER EXPLORATION

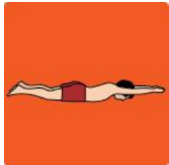
Stage B focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS



1: WATER ACCLIMATION

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



2: WATER MOVEMENT

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



3: WATER STAMINA

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

SWIM STROKES



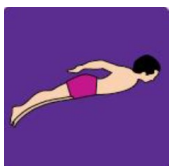
4: STROKE INTRODUCTION

Introduces basic stroke skills in front & back crawl and reinforces water safety with treading & elementary backstroke.



5: STROKE DEVELOPMENT

Introduces breaststroke & butterfly and reinforces water safety with treading & sidestroke.



6: STROKE MECHANICS

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

Parent Child: 6mo. - 4 years	Days	Time (30 min)
A Water Discovery	Thursday	6 p.m.*
B Water Exploration	Thursday	6 p.m.*
Preschool: 3 - 5 years	Days	Time (45 min)
1 Water Acclimation	Tuesday	4:30 p.m.
	Wednesday	10:30 a.m.
	Thursday	4:30 p.m.* 5:15 p.m.
2 Water Movement	Tuesday	4:30 p.m.
	Wednesday	10:30 a.m.
	Thursday	4:30 p.m.* 5:15 p.m.
3 Water Stamina	Tuesday	5:15 p.m.
	Wednesday	11:15 a.m.
4 Stroke Introduction	Tuesday	5:15 p.m.
	Wednesday	11:15 a.m.
School Age: 5 - 12 years	Days	Time (45 min)
1 Water Acclimation	Tuesday	4:30 p.m. 5:15 p.m.
	Wednesday	10:30 a.m.
	Thursday	4:30 p.m.*
2 Water Movement	Tuesday	4:30 p.m. 5:15 p.m.
	Wednesday	10:30 a.m.
	Thursday	4:30 p.m.*
3 Water Stamina	Tuesday	5:15 p.m.
	Wednesday	11:15 a.m.
	Thursday	5:15 p.m.
4 Stroke Introduction	Tuesday	5:15 p.m.
	Wednesday	11:15 a.m.
5 Stroke Development	Tuesday	6:00 p.m.
6 Stroke Mechanics	Tuesday	6:00 p.m.

CONTACT INFORMATION

Kendall Dalzell, Aquatics Coordinator
 Email: kdalzell@danvillemca.org
 Phone: 217.442.0563 x 110

TWO WAYS TO REGISTER

ONLINE

danvillemca.org/register

IN PERSON

at the Front Desk

DROP-IN LESSONS

Class times with an asterisk (*) are drop-in lessons where you pay each time you are able to join the class. See main web page for more information.