

# Basic Information



**Y SWIM LESSONS**<sup>TM</sup>  
We build strong kids, strong families, strong communities.

## Each Class:

- Has a qualified and trained YSL instructor
- Is for children (ages 6mo. -3 years)
- Is 30 minutes long
- Is held at the YMCA POOL

## Each Session:

- Has a pre-test on the first session
- Promotes stroke development, personal safety, and rescue skills
- Includes water games and singing in motion
- Has a post-test on the last session with a mini-graduation ceremony

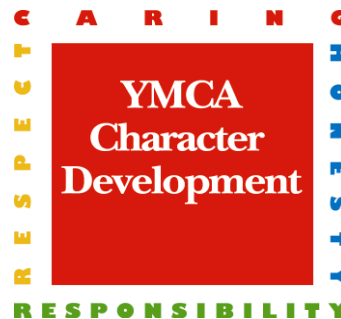
## Be Sure To:

- Bring towels
- Shower before entering our pool to help keep it clean
- Bring a SWIM Diaper (The YMCA sells these at the front desk).
- Bring your ENTHUSIASM to learn!!

## TIPS:

- Additional parents may either sit on the pool deck or behind our viewing windows to watch lessons.
- Please do not use the EMERGENCY DOOR as an entrance to the pool. This is reserved for staff and emergencies.
- Complete take home work to reinforce the day's activities.
- HAVE FUN!!!!

## Group Swim Lessons Parent/Child 6mo-3yrs



**Decatur County  
Family YMCA**

## TO REGISTER FOR CLASSES:

[www.decatourcountyfamiymca.org](http://www.decatourcountyfamiymca.org)

OR See the FRONT DESK

1301 Kathy's Way  
Greensburg, IN 47240  
812.663.9622

[www.decatourcountyfamiymca.org](http://www.decatourcountyfamiymca.org)

# YMCA Parent/Child Swim Lessons

## YMCA Swimming Philosophy

It is never too early to begin water learning. Our unique Parent/Child swim lessons series is designed not only to get children comfortable in the water at an early age, it also helps trains parents on a lot of unknown water hazards to promote a safe and healthy water experience. **Learning to swim at an early age can significantly reduce the occurrence of childhood water accidents such as drowning.**

There is a reason why the YMCA is referred to as **America's Favorite Swim Instructor**. In YMCA Swim Lessons (YSL), not only are you taught how to swim, but you also learn about yourself, safety, rescue skills, and about various water activities that can be enjoyed an entire lifetime.

Instructor to participant ratios are generally low to promote safety and encourage skill development. Generally speaking, *a class needs at least 4 children* in order to hold the class so be sure to invite your friends.

**YSL is a PROGRESSIVE program.** This means that every level in the program is a building block with vital skills and development requirements for the next level. The YMCA want your children to progress and mature at their own rate so they may stay in a certain level as long as it takes to develop the required skills. **Swimming is a lifelong pleasure that takes time, patience, and practice to develop.**

## Levels/Classes



### SHRIMPS-

By teaching parents to serve as instructors, we orient the 6-36 month old child to the water and develop beginning swimming skills. Class time will be structured

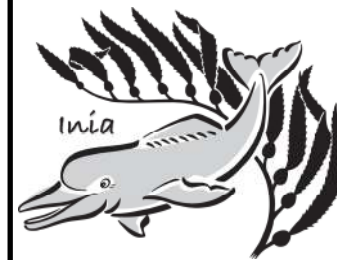
with water and pool orientation, introduction to beginning swimming and structured water play. This is a family program and both parents are encouraged to attend. Potty training is not necessary; however, swim diapers are a must. No disposable diapers please.

### KIPPERS-

The "Kippers" level develops the comfort of both the student and the parent. This level teaches the parents as much as the youngsters by teaching safe entries and exits. Youngsters will develop a sense of initiation with water play. **Students must have completed "Shrimps" to register for this class.**



## Levels/Classes



### INIAS-

The "Inias" level helps cultivate a child's need for water exploration. Class time will be structured to

accommodate water acclimation, introduction to beginning swimming skills and guided discovery. Parents will accompany "Inias" into the water but will be encouraged to let their child venture into guided discovery. **Students must have completed "Kippers" to register for this class.**

### PERCH-

The "Perch" level has been specially designed for the advanced swimmer. While parents are still needed in the water, they only serve as a secondary tool. Children should be able to move around in shallow water without the aid of an adult. **Students must have completed "Inias" to register for this class.**

