

Basic Information



Y SWIM LESSONS™
We build strong kids, strong families, strong communities.

Each Class:

- Has a qualified and trained YSL instructor
- Is for children in preschool (ages 3-5 years old)
- 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
- Has a post-test on the last session with a mini-graduation ceremony

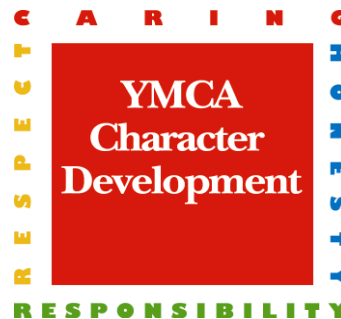
Be Sure To:

- Bring towels
- Shower before entering our pool to help keep it clean
- Bring any goggles or preferred equipment before class starts
- Bring your ENTHUSIASM to learn!!

TIPS:

- 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 Preschool (Ages 3-5)



**Decatur County
Family YMCA**

TO REGISTER FOR CLASSES:

www.decatourcountymca.org

OR See the FRONT DESK

1301 Kathy's Way
Greensburg, IN 47240
812.663.9622

www.decatourcountymca.org

YMCA Preschool Swim Lessons

YMCA Swimming Philosophy

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. Throughout all levels, **students work on appropriate stroke development, personal growth skills, rescue skills, water sports and games, and personal safety skills.**

Instruction is caring and personalized. A variety of classes and levels are available to meet your family's needs. Classes may be offered in the mornings, after school hours, and even on weekends. See the front desk or visit us online to see the latest schedule.

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



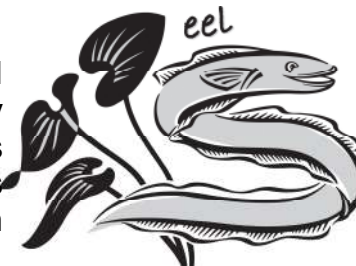
PIKES-

This is the beginning class for preschool swimmers. Participants should have passed the PARENT/CHILD

classes, however, this is not mandatory. "Pikes" will introduce water acclimation, front and back float while wearing an instructional floatation device along with front and back paddle stroke.

EELS-

The "Eels" level develops the ability to swim on a child's own. The swimmers will work on independently floating on front and back for 20 seconds. Swimmers will still use a back pack to swim front, back, and side paddle stroke for 25 yds and 15 feet without back pack. **Students must have completed "Pikes" to register for this class.**



Levels/Classes



RAYS-

"Rays" are an advanced intermediate level. Students will demonstrate front paddle stroke with rhythmic breathing for 15 yds. Also, students will learn both front and back symmetrical paddles strokes which are lead up skills to breaststroke and elementary backstroke. **Students must have completed "Eels" to register for this class.**

STARFISH-

The "Starfish" level has been specially designed for the advanced preschool swimmer. Refinement of front and back paddle stroke and elementary backstroke. Swimmers will also swim unassisted for 25 yds in various paddle strokes. **Students must have completed "Rays" to register for this class.**

