



# SWIM LESSONS

at LAKOTA FAMILY YMCA

OCTOBER 17 - DECEMBER 17, 2022

**8 Week Session**  
**No Lessons 10/31, 11/23 or 11/26**



**REGISTER AT LAKOTAYMCA.COM**

## Group Lesson Fees - Aquababies - Level 6

Member: \$80

Non-Member: \$144

### AquaBabies: Water Discovery and Exploration

(6 months-36 months)

Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Saturday 10:00am

### Level 1: Water Acclimation

Students will increase comfort with exploration and introduces basic self-rescue skills performed with assistance. To advance, students must be able to do five relaxed bobs with air exchange.

Monday 6:30pm

Wednesday 5:30pm, 6:30pm

Saturday 10:30am

### Level 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently. To advance, students must push off the wall and glide in a streamline position and float on their back independently for 10 seconds.

Monday 6:00pm, 6:30pm

Wednesday 6:00pm

Saturday 11:00am

### Level 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages. To advance, students must streamline kick on front and back for 15 feet, front crawl with arms for 15 feet, rollover from front to back, and tread water for 30 seconds.

Monday 5:30pm

Wednesday 5:30pm, 6:00pm

Saturday 11:00am

### Level 4: Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. To advance, students must front crawl with rotary breathing and back crawl 15 yards, and elementary backstroke 15 yards and have endurance to swim 25 yards.

Monday 6:00pm

Wednesday 6:00pm

Saturday 11:00am

### Level 5: Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. To advance, swimmer must front crawl with rotary breathing for 25 yards, and backstroke for 25 yards and side glide both right and left 25 yards, and butterfly stroke must show simultaneous arm action and kick.

Saturday 11:30am

### Level 6: Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of healthy lifestyle. To advance, swimmer must complete 25 yards butterfly, 50 yards front crawl, back crawl, elementary backstroke, and breaststroke with flip turns and good stroke technique.

Saturday 11:30am

### Adult Swim Lessons

(each class is 45 minutes)

This program is structured for both beginning and advanced swimmers. The group will be separated into beginning and advanced levels. Each session is offered to students of all abilities.

Saturday 9:00am

Member Fee: \$120

Non-Member Fee: \$176

**LAKOTA FAMILY YMCA**

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