

SESSION 1:

Session Dates: Jan 6 - Feb 29
 Registration Dates: Nov 18 - Dec 29, 2019
 Scheduled: None
 Cancellations:

SESSION 2:

Session Dates: Mar 2 - May 2
 Registration Dates: Feb 3 - Feb 23
 Scheduled: Apr 6 - Apr 12
 Cancellations:

SESSION 3:

Session Dates: May 4 - Jun 27
 Registration Dates: Mar 30 - Apr 26
 Scheduled: Mon May 25
 Cancellations:

SESSION 4:

Session Dates: Jun 29 - Aug 29
 Registration Dates: Jun 1 - Jun 21
 Scheduled: Aug 10 - Aug 16
 Cancellations:

SESSION 5:

Session Dates: Aug 31 - Oct 24
 Registration Dates: Jul 27 - Aug 23
 Scheduled: Mon Sep 7
 Cancellations: Sat Oct 24

SESSION 6:

Session Dates: Oct 26 - Dec 19
 Registration Dates: Sep 28 - Oct 18
 Scheduled: Thu Nov 26
 Cancellations:

RATES:

YMCA Member \$30
 Program Member \$60

*Program Financial Assistance Available

Also Check Out Our Lytle Swim Lessons!

Stages 1 - 6

9:00am - 9:45am

9:50am - 10:35am

Code:	Session Dates:	Registration Dates:
20.L1	Jun 15 - Jun 26	Mar 30 - Jun 7
20.L2	Jul 6 - Jul 17	Jun 18 - Jul 2
20.L3	Jul 27 - Aug 7	Jul 9 - Jul 23

We partner with Lytle Park to offer lessons at the pool! These lessons are Monday-Thursday, and we reserve Friday as a make-up day.

In order to stay up-to-date on all of our cancellations, be sure to download our Mobile App!

For More Information:
Austin Birch
abirch@mattoonymca.org

Mattoon Area Family YMCA
221 N. 16th Street
Mattoon, IL 61938

217.234.9494

mattoonymca.org



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

BUILD CONFIDENCE WITH A SPLASH

Mattoon Area Family YMCA
2020 GROUP SWIM LESSONS





Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us.

One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

A
Water
Discovery

Student not yet able to respond to verbal cues and jump on land.

Introduces infants and toddlers to the aquatic environment.

AGE	DAY	TIME
Parent/Child (6-36 Months)	Wed	5:15 - 5:45pm
	Sat	11:00 - 11:30am

Parents enter the water with their swimmer and take the lesson together.

We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

B
Water
Exploration

Student not yet comfortable working with an instructor without a parent in the water.

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

AGE	DAY	TIME
Parent/Child (6-36 Months)	Wed	5:15 - 5:45pm
	Sat	11:00 - 11:30am

Parents enter the water with their swimmer and take the lesson together.

We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Swim Basics Preschool and School Age

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **swim, float, swim and jump, push, turn, grab.**

1
Water
Acclimation

Student not yet able to go underwater voluntarily.

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

AGE	DAY	TIME
Preschool (3-5yrs)	Mon	5:00 - 5:45pm
	Tues	5:45 - 6:30pm
	Wed	4:15 - 5:00pm
	Thurs	5:45 - 6:30pm
	Sat	10:15 - 11:00am
	School Age (5-12yrs)	Mon
Tues		6:30 - 7:15pm
Wed		5:00 - 5:45pm
Thurs		6:30 - 7:15pm
Sat		11:00 - 11:45am

2
Water
Movement

Student not yet able to do a front and back float on his or her own.

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

AGE	DAY	TIME
Preschool (3-5yrs)	Mon	5:00 - 5:45pm
	Tues	5:45 - 6:30pm
	Wed	4:15 - 5:00pm
	Thurs	5:45 - 6:30pm
	Sat	10:15 - 11:00am
	School Age (5-12yrs)	Mon
Tues		6:30 - 7:15pm
Wed		5:00 - 5:45pm
Thurs		6:30 - 7:15pm
Sat		11:00 - 11:45am

3
Water
Stamina

Student not yet able to swim 10-15 yards on his or her front and back.

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

AGE	DAY	TIME
Preschool (3-5yrs)	Mon	5:00 - 5:45pm
	Tues	5:45 - 6:30pm
	Wed	4:15 - 5:00pm
	Thurs	5:45 - 6:30pm
	Sat	10:15 - 11:00pm
	School Age (5-12yrs)	Mon
Tues		6:30 - 7:15pm
Wed		5:00 - 5:45pm
Thurs		6:30 - 7:15pm
Sat		11:00 - 11:45am

Swim Strokes School Age

Learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4
Stroke
Introduction

Student not yet able to swim 15 yards of front and back crawl.

Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary

AGE	DAY	TIME
School Age (5-12yrs)	Tues	6:30 - 7:15pm
	Wed	5:00 - 5:45pm
	Sat	10:15 - 11:00am

5
Stroke
Development

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

AGE	DAY	TIME
School Age (5-12yrs)	Tues	6:30 - 7:15pm
	Wed	5:00 - 5:45pm
	Sat	10:15 - 11:00am

6
Stroke
Mechanics

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

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

AGE	DAY	TIME
School Age (5-12yrs)	Tues	6:30 - 7:15pm
	Wed	5:00 - 5:45pm
	Sat	10:15 - 11:00am