



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2021 SWIM LESSONS BUILD CONFIDENCE WITH A SPLASH

DAYS: Mondays • Tuesdays • Wednesdays • Thursdays • Saturdays

SESSION NAME:	SESSION DATES:	REGISTRATION DATES:
SESSION 1:	Feb 1 - Mar 27	Jan 4 - Jan 24
SESSION 2:	Apr 12 - Jun 5	Mar 1 - Apr 4
SESSION 3:	Jun 14 - Aug 7	May 10 - Jun 6
SESSION 4:	Aug 23 - Oct 16	Jul 12 - Aug 15
SESSION 5:	Oct. 25 - Dec 18	Sep 20 - Oct - 17

RATES:

YMCA Member \$30 • Program Member \$60

* Program Financial Assistance Available

AGES: 6 Months and Up to 12 Years.

Private Lessons Available For All Ages

LYTLE SWIM LESSONS:

Code:	Session Dates:	Registration Dates:
20.L1	Jun 14 - Jun 25	Mar 29 - Jun 6
20.L2	Jul 5 - Jul 16	Jun 18 - Jun 27
20.L3	Jul 26 - Aug 6	Jul 9 - Jul 18

We partner with Lytle Park to offer lessons at the pool! These lessons are Monday-Thursday, and we reserve Fri-

Updated 1.4.2021

FOR MORE INFORMATION: Contact Austin Birch at abirch@mattoonymca.org
Mattoon Area Family YMCA

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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, 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.