



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

## Swim Lessons

### Bonita Springs YMCA

Swim students take part in a 30 minute lesson once a week for 6 weeks Each level focuses on certain skills both working on swimming technique and water safety. A high quality swim and water safety program are our top priority which may take more than one session to progress from one level to the next. Ratios are very low with no more than 6 kids to an instructor for all levels. We try to ensure that each student learns the fundamentals of swimming while having fun!

Session A) March 2-April 6

Session B) April 13-May 25

Session C) June 8-July 20

Parent Child Saturday 9:30-10am

Pre School and Youth Saturday 9-12pm. Swimmers must attend the scheduled assessment. Class time will be based upon the skill level the child is placed in. Parents will be notified the Tuesday before the session starts.

#### Assessments

Session A) Saturday February 23: 10am-12pm

Session B) Saturday April 6: 12pm-2pm

Session C) Saturday June 1: 10am-12pm

COST: \$30 Members      \$50 Non-Members

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**US...**  
**IS EMPOWERING**

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the "us" who live in them find the power of their full potential. We can't do it alone. DONATE FOR A BETTER US

**The school is neither endorsing or sponsoring this event, product or service or endorsing the views of the sponsoring organization.**

**BONITA SPRINGS YMCA**  
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## SWIM LEVEL DESCRIPTIONS

### **Parent Child Swim Lessons (ages 6 months-2 years)**

This water introduction program helps the parent and the child get used to the water and see the pool as fun. Parents and children play games that introduce basic, introductory water skills such as blowing bubbles, breath control, kicking and floating. The class focuses on water orientation and encourages parents and babies to trust each other in the water. Parents must accompany the child in the water.

### **Preschool Lessons (ages 3-5 years)**

**Level 1**– Helps children adjust to the water and develop independent movement. It teaches basic front crawl, back crawl and kicking skills, floating and pool safety. Class is intended for children with little to no water experience.

**Level 2**- For children who are comfortable in the water and swim with floatation device in horizontal position but cannot yet swim the length of the pool. Child must be able to put their face in. Children are taught to float, kick, and perform progressive arm movements across the pool.

**Level 3**- This class is for children who can swim 15 feet with face in the water and no floatation device. It reviews and improves stroke skills on front, back and side, builds endurance and teaches treading water and rotary breathing.

### **Youth Lessons (ages 6 -12 years)**

**Level 1** - This beginner level class is for children who are uncomfortable or inexperienced in swimming. It teaches basic skills including stroke work, gliding, floating & kicking as well as beginner rotary breathing.

**Level 2**- This is for children who are comfortable with face in water and are able to swim 15-20 feet without a floatation device. It teaches stroke skills on front, back and side as well as rotary breathing and beginner's breaststroke.

**Level 3**- Minnow is for children able to swim 25 yards on front and back without a floatation device. It teaches stroke skills on front back and side, and rotary breathing. Children will be introduced to other components of swimming and butterfly kick.