



AQUATICS – SWIM LESSONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2 2021 SESSION DATES

Session Dates: Monday April 26 – Monday, June 14
No Classes: Monday May 31, Memorial Day
Registration: Saturday, April 3 @ 8am: All Members

For questions about classes or placement, please contact Josephine Rojas, Aquatic Director: vrojas@westportymca.org

***If your child participated in the spring 1 session, your instructor will be handing out progress report starting Saturday March 27 to April 2, 2021.**



The Westport Weston Family YMCA is taking precautions to ensure the safety of all members, staff and participants. Thank you for your cooperation.

- Masks must be worn by children and adults into and throughout the Y, including locker rooms and restrooms. Swimmers may remove their mask at the start of their lesson.
- **Only one adult with swimmer who needs assistance is allowed to stay during their lesson.**
- Locker rooms are available for changing purposes, but we encourage wrap and go as weather permits.
- Please arrive no more than 10 minutes before swim lesson.
- There will be no free-swim in the splash pad before or after lessons.
- Splash Pad area is closed.
- Instructors will wear face coverings at all times.
- Youth classes have been reduced to Pairs 6ft. apart.
- There will be use of noodles for lessons, when needed.
- Youth lessons (6-12 years) will be taught from deck as much as possible.
- **Please do not walk behind the starting block end of the pool.**

SUBJECT TO CHANGE BASED ON CT. GUIDELINES

Makeup/Refund Policy

Swim lesson participants register for classes on specific dates and times. Attendance in scheduled classes is the responsibility of the participant. We cannot provide makeup classes or allow the participants to attend a different class, unless the YMCA cancels a class and provides for a makeup.

No refunds for classes missed.



AQUATICS SWIM LESSONS

SPRING 2 : MONDAY, APRIL 26 - MONDAY, JUNE 14

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PARENT/CHILD AND PRESCHOOL CLASSES

Parent/Child (30 min): \$ 145

Stage A Water Discovery (6 -17 months)

Parent is guided by instructor to learn swim cues to assist their child in learning basic beginner skills.

Tue 10:05-10:35am
Wed 9:30-10:00am
Fri 9:30-10:00am
Sat 10:00-10:30am
Sun 9:15-9:45am

Stage B Water Exploration (18 -36 months)

Child is comfortable in the water with parent and learning swim cues from instructor.

Tue 9:30-10:00am
Wed 10:05-10:35am
Fri 10:05-10:35am
Sat. 9:15-9:45am
Sun. 10:00-10:30am

A	B	1	2	3	4
Water Discovery	Water Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction
Parent/Child	Parent/Child	Preschool or School Age	Preschool or School Age	Preschool or School Age	Preschool or School Age

3-5 years (30-min): \$236

Stage 1

Children with little to no experience; will not go underwater voluntarily.

Stage 2

Child who is comfortable in the water. Cannot float on front or back on their own.

Stage 4

Child can swim 10-15 yards of front crawl and back stroke

Stage 3

Child who is starting to swim 2-3 paddle strokes. This level will work on swimming 10 yards on

Pairs swim classes - 3 preschoolers for each time slot.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00pm	10:40am	10:40am	3:00pm	10:40am	8:45am	8:45am
3:30pm	11:15am	11:15am	3:30pm	11:15am	9:15am	9:15am
5:20pm	3:00pm	3:00pm	4:45pm		10:00am	10:00am
	3:30pmpm	3:30pm			11:00am	11:00am
	4:10pm	5:20pm			11:30am	11:30am





WESTPORT WESTON FAMILY YMCA SWIM LESSONS

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SCHOOL-AGE 6–12YRS. AND ADULT BEGINNER SWIM CLASSES

6–12 years Stages 2/3 (30 min): \$236



Stage 2/3
Students will focus on body position and control, directional change and forward movement. Will learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
4:45pm	5:20pm	4:45pm	5:20pm	10:30am	10:30am

6–12 years Stages 4 Semi classes \$191



Stage 4
Students will develop stroke technique in front crawl and back crawl and learn breaststroke kick and butterfly kick. Water safety is enforced through treading water and elementary backstroke.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
4:10pm	4:45pm	4:10pm	4:10pm	8:15am 12:15pm	8:15am 12:15pm

6–12 years Advance Stages 5 & 6

30 min. Group classes of 4 on Monday through Saturday in the warm pool lanes. Sunday classes in the big pool. Fee: \$145



Stage 5
Students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading and sidestroke.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
5:20pm	5:20pm	4:45pm	4:45pm	8:45am	10:00am 10:30am



Stage 6
Students refine stroke technique on all major strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
4:45pm	4:10pm	5:20pm	5:20pm	11:00am	9:00am 9:30am

ADULT BEGINNER SWIM INSTRUCTION CLASS

Swim class for adults wanting to learn to swim. Beginners skills and stroke development covered.

Monday 6:00–6:45pm \$165

Wednesday 6:00–6:45pm \$165