



SEPTEMBER SWIM LESSONS

SANTA MONICA FAMILY YMCA

PRESCHOOL		Age: 3-5		
GROUP	MON./WED.	TUES./THURS.	SATURDAY	
STAGE 1: Water Acclimation	3:30-4:00pm 4:00-4:30pm	3:30-4:00pm	9:00-9:45am 10:30-11:15am	
STAGE 2: Water Movement	4:00-4:30pm 4:30-5:00pm	4:00-4:30pm	9:45-10:30am	
STAGE 3: Water Stamina	4:30-5:00pm	4:30-5:00pm		

SCHOOL AGE		Age: 6-12		
GROUP	MON./WED.	TUES./THURS.	SATURDAY	
STAGE 1: Water Acclimation		5:00-5:30pm		
STAGE 2: Water Movement	5:30-6:00pm		10:30-11:15am	
STAGE 3: Water Stamina	6:00-6:30pm	6:00-6:30pm		
STAGE 4: Stroke Introduction	5:00-5:30pm	5:00-5:30pm 5:30-6:00pm	9:00-9:45am	
STAGE 5: Stroke Development	5:30-6:00pm		9:45-10:30am	
STAGE 6: Stroke Mechanics	6:00-6:30pm		9:45-10:30am	

GROUP LESSONS

Mon/Wed OR Tues/Thurs
Session Dates: 9/3- 9/30
Cost: \$80 for 8 classes

Saturdays
Session Dates: 8/10 - 8/31
Cost: \$60 for 4 classes

PRIVATE LESSONS

Mon/Wed OR Tues/Thurs
Session Dates: 9/7- 9/28
Cost: \$200 for 8 classes

Saturdays
Session Dates: 9/7- 9/28
Cost: \$100 for 4 classes

SEMI-PRIVATE LESSONS

Two times/week: \$300
One time/week: \$150

REGISTRATION DATES

September	8/19/2024
October	9/17/2024
November	10/21/2024
December	11/18/2024

PRIVATE LESSONS		
MONDAY/WEDNESDAY	TUESDAY/THURSDAY	SATURDAY
5:00-5:30pm (L) 6:30-7:00pm (L)	4:00 - 4:30pm (T) 4:30 - 5:00pm (L) 5:30 - 6:00pm (T) 6:00 - 6:30pm (L)	9:45-10:15am (T) 11:15-11:45am (T)

L = Lap Pool | T = Training Pool

STAGE DESCRIPTIONS



SWIM BASICS



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

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



6 / STROKE MECHANICS

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

PRIVATE LESSONS

Private lessons are designed to meet the swimmer where they are. Instructors will assess the swimmer to determine skill level and create a plan for reaching swimmer's goals.

Semi-private lessons are available for two siblings, friends or swimmers that have the same skill level. To register for semi-private classes, swimmer #1 must be registered for an available private class. Second swimmer should contact Aquatics department to register for the same day/time frame in order to pay semi-private rates.