

# Learn to Swim

Class	Days	Time	Start Date	End Date	Fitness Member	Non- Fitness Member
Parent and Child Level A	Sunday	9:00-9:30am	4/6/2025	6/15/2025	\$135.00	\$150.00
	Saturday	9:00-9:30am	4/5/2025	6/14/2025	\$135.00	\$150.00
Parent and Child Level B	Saturday	10:00-10:30am	4/5/2025	6/14/2025	\$135.00	\$150.00
	Sunday	10:00-10:30am	4/6/2025	6/15/2025	\$135.00	\$150.00
Pre School Swim Level 1	Saturday	9:30-10:00am	4/5/2025	6/14/2025	\$135.00	\$150.00
	Sunday	9:00-9:30am	4/6/2025	6/15/2025	\$135.00	\$150.00
	Tuesday	4:00-4:30pm	4/8/2025	6/17/2025	\$135.00	\$150.00
Pre School Swim Level 2	Saturday	10:00-10:30am	4/5/2025	6/14/2025	\$135.00	\$150.00
Pre School Swim Level 3	Saturday	10:30-11:00am	4/5/2025	6/14/2025	\$135.00	\$150.00
Beginner Level 1	Saturday	9:00-9:30am	4/5/2025	6/14/2025	\$135.00	\$150.00
	Sunday	9:30-10:00am	4/6/2025	6/15/2025	\$135.00	\$150.00
	Sunday	10:30-11:00am	4/6/2025	6/15/2025	\$135.00	\$150.00
	Tuesday	4:00-4:30pm	4/8/2025	6/17/2025	\$135.00	\$150.00
Beginner Level 2	Saturday	10:30-11:00am	4/5/2025	6/14/2025	\$135.00	\$150.00
	Sunday	10:00-10:30am	4/6/2025	6/15/2025	\$135.00	\$150.00
	Tuesday	4:30-5:00pm	4/8/2025	6/17/2025	\$135.00	\$150.00
Intermediate Level 3	Sunday	9:30-10:00am	4/6/2025	6/15/2025	\$135.00	\$150.00
	Tuesday	4:30-5:00pm	4/8/2025	6/17/2025	\$135.00	\$150.00
Barracuda Club Level 5 & 6	Saturday	9:30-10:30am	4/5/2025	6/14/2025	\$180.00	\$200.00
Intermediate Level 4	Sunday	10:30-11:00am	4/6/2025	6/15/2025	\$135.00	\$150.00
ADULT Learn to Swim Beginner	Monday	7:00-7:30pm	4/7/2025	6/23/2025	\$180.00	\$200.00
ADULT Learn to Swim Intermediate	Monday	7:30-8:00pm	4/7/2025	6/23/2025	\$180.00	\$200.00

Scan QR code to purchase classes at [ywcacm.thememberspot.com/](https://ywcacm.thememberspot.com/)



# Learn to Swim Programs

## **Parent & Child** *Level A: Ages 6 months–3 years*

Parents participate with children to learn water adjustment and safety skills. This class is designed for children who:

- Have little or no previous water experience
- Have had two or more previous sessions of water adjustment lessons
- Are reluctant to enter the water or submerge
- May benefit from parental presence and support in the water

## **Parent & Child** *Level B: Ages 2 years - 3 years*

For those children 2 years old and over who have had Parent and Child Swim twice. This program is designed to continue the child's progress in getting them prepared for lessons without an adult supporting them in the water.

## **Preschool Swim** *Level 1, 2 & 3 Ages 3–5 years*

Red Cross Preschool Level 1 swim lessons, which focus on the developmental skills of preschool-aged children.

## **Beginner Swim** *Level 1*

### **Introduction to Water Skills**

The focus of this level is to help students feel comfortable in the water and enjoy the water safely. Elementary aquatic skills are taught. Skills include water entry and exit, breathing and submerging, floating, treading, arm movements, kicking on front and back, and changing direction and position.

## **Beginner Swim** *Level 2*

### **Fundamental Aquatic Skills**

Skills introduced include gliding and floating independently, breathing control, picking up submerged objects, treading and swimming a combined arm and leg stroke for at least 15 ft on front and back. Prerequisite: Completion of Level 1 or must be comfortable entering and exiting the water, submerging independently, and floating on the front and back.

## **Intermediate** *Level 3*

Skills introduced include front crawl with rotary breathing, elementary backstroke, dolphin kick, scissors kick, treading, survival floating and beginning diving. Prerequisite: Completion of Level 2 or the student must be able to float on their front and back independently for five seconds and swim unassisted for five body lengths.

## **Intermediate** *Level 4*

Skills introduced include diving, underwater swimming, turns, front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke. Prerequisite: Completion of Level 3 or the student must be able to enter water headfirst and jump into deep water, swim 15 yards front crawl with rhythmic breathing, tread or float for 30 seconds and swim 15 yards elementary backstroke.

## **Barracuda** *Level 5*

Students will work to improve and perfect all swim strokes while also building strength and endurance. Additional diving, surface dives and flip turns are taught. Prerequisite: Completion of Level 4, or the student must be able to jump into deep water and swim front crawl and elementary backstroke continuously for 25 yards each, and swim 15 yards each of breaststroke and back crawl.

## **Barracuda** *Level 6*

Students will refine their swim strokes and turns to a high level of fluency and endurance to swim 500 yards continuously. In addition, skills modules such as Personal Water Safety, Fundamentals of Diving or Fitness Swimmer will be introduced. Prerequisite: Completion of Level 5 or the student must be able to perform a shallow dive, swim 50 yards continuously of front crawl and elementary backstroke, and 25 yards each of breaststroke and back crawl.

## **Adult Learn-to-Swim** *Beginner*

### *Red Cross Progressive Levels 1 & 2*

Designed for non-swimmers who will learn basic water skills including water adjustment, floating and basic safety precautions.

## **Adult-Learn-to-Swim** *Intermediate*

### *Red Cross Progressive Levels 3 & 4*

Designed for non-swimmers who have mastered floating, prone glide, beginning crawl stroke, back float and basic backstroke.

**Contact us for more information about  
Fitness & Aquatic Programs!**

**Adult Fitness & ENCOREplus®:** 508-767-2505 ext. 166  
or email [kbeardmore@ywcacm.org](mailto:kbeardmore@ywcacm.org)

**Swimming Lessons & Certifications:** 508-767-2505,  
ext. 129 or email [jdwinell@ywcacm.org](mailto:jdwinell@ywcacm.org)

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