



GREATER CLEVELAND
 serving Cuyahoga, Geauga, Lorain and Portage counties



Avon City Outdoor Pool

Registration Opens: May 1st

Register at French Creek YMCA

Lessons are 2 weeks Monday- Thursday, Rain day make-up held Fridays

Classes meet for 30 minutes. Sessions: June 19th-29th, July 10th-20st, July 24th-August 3rd, August 7th-17th **COST: \$57**

2010 Recreation Lane, Avon Ohio 44011 (440)934-9622 : <http://www.clevelandymca.org>

Developing Youth, Promoting Healthy Living, Being Socially Responsible

	Description of classes *NO Refunds only Transfers for classes	Times with Ages
Beginner: Level 1	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	9:05-9:35 for 3-5 years old 9:05-9:35 for 6-12 years old 10:50-11:20 3-5 years old
Intermediate: Level 2	Encourages forward movement in water and basic self-rescue skills performed independently	9:05-9:35 for 3-5 years old 9:05-9:35 for 6-12 years old 10:15-10:45 3-5 years old
Intermediate: Level 3	Develops intermediate self-rescue skills performed at longer distances than in previous stages	9:40-10:10 for 3-5 years old 9:40-10:10 for 6-12 years old 10:15-10:45 3-5 years old 10:15-10:45 6-12 years old
Advanced; Level 4	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke	9:40-10:10 for 3-5 years old 9:40-10:10 for 6-12 years old 10:50-11:20 3-5 years old
Advanced; Level 5 6-12 years old ONLY	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	10:15-10:45 6-12 years old 10:50-11:20 6-12 years old
Advanced; Level 6 6-12 years old ONLY	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle	10:50-11:20 6-12 years old

LEVEL 1, 2, 3- SWIM BASICS Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: - Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit - Jump, push, turn, grab

LEVEL 4,5,6- SWIM STROKES- Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Students build confidence, cultivate their passion, and stay active through specialized tracks.