

**DATES:**

**SESSION 1: June 17 - June 27**

**Registration: June 1 - June 15\***

**SESSION 2: July 8 - July 18**

**Registration: June 26 - July 6**

**SESSION 3: July 29 - August 8**

**Registration: July 17 - July 27**

\*Avon residents receive early, in-house, registration for 1st session. May 1 - May 31.

**RATES:**

<b>Residents</b>	<b>\$65</b>
<b>Member Plus</b>	<b>\$65</b>
<b>Facility Member</b>	<b>\$90</b>
<b>Program Member</b>	<b>\$180</b>

\*25% deposit of \$16.25 is due at time of registration. Remaining balance due on last day of registration.

\*\* No refunds on deposits. No refunds for any amount after second day of lessons.

**DAYS:**

**Monday - Thursday Mornings**

\*No make-up days will be offered. Lessons may be extended time, if rain day occurs.

**AGES:**

**3 - 12 Years**

**REGISTRATION:**

**In-house at YMCA Membership Desk and Online!**

**FOR MORE INFORMATION:**

**For More Information:**

**Alexis Shull**

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**AVON AQUATIC FACILITY**

36265 Detroit Road  
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440.934.7633  
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**FRENCH CREEK FAMILY YMCA**

2010 Recreation Lane  
Avon, Ohio 44011  
440.934.9622  
clevelandymca.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BUILD  
CONFIDENCE  
WITH A SPLASH**

**Avon Aquatic Facility  
GROUP SWIM LESSONS**



**Avon**  
Aquatic Facility



## Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

### A

#### Water Discovery



Student not yet able to respond to verbal cues and jump on land.

**Introduces infants and toddlers to the aquatic environment.**

<b>Age</b>	<b>Time</b>	
Parent/Child (6-36 months)		

**ONLY OFFERED AT FRENCH CREEK FAMILY YMCA**

We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

### B

#### Water Exploration



Student not yet comfortable working with an instructor without a parent in the water.

**Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.**

<b>Age</b>	<b>Time</b>	
Parent/Child (6-36 months)		

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## Swim Basics Preschool, School Age, Teen, and Adult

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **swim, float, swim and jump, push, turn, grab.**

### 1

#### Water Acclimation




Student not yet able to go underwater voluntarily.

**Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.**

<b>Age</b>	<b>Time</b>	
Preschool (3-5yrs)	9:00a 9:45a 10:30a	
School Age (6-12yrs)	9:00a 9:45a 10:30a	

### 2

#### Water Movement




Student not yet able to do a front and back float on his or her own.

**Encourages forward movement in water and basic self-rescue skills performed independently.**

<b>Age</b>	<b>Time</b>	
Preschool (3-5yrs)	9:00a 9:45a 10:30a	
School Age (6-12yrs)	9:00a 9:45a 10:30a	

### 3

#### Water Stamina



Student not yet able to swim 10-15 yards on his or her front and back.

**Develops intermediate self-rescue skills performed at longer distances than previous stages.**

<b>Age</b>	<b>Time</b>	
Preschool (3-5yrs)	9:00a 9:45a 10:30a	
School Age (6-12yrs)	9:00a 9:45a 10:30a	

## Swim Strokes Preschool, School Age, Teen, and Adult

Learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### 4

#### Stroke Introduction



Student not yet able to swim 15 yards of front and back crawl.

**Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke.**

<b>Age</b>	<b>Time</b>	
Preschool (3-5yrs)	9:00a 9:45a 10:30a	
School Age (6-12yrs)	9:00a 9:45a 10:30a	

### 5

#### Stroke Development



Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

**Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.**

<b>Age</b>	<b>Time</b>	
School Age (6-12yrs)		

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### 6

#### Stroke Mechanics



Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

**Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.**

<b>Age</b>	<b>Time</b>	
School Age (6-12yrs)		

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