



# STAGE DESCRIPTIONS

## SWIM STARTERS

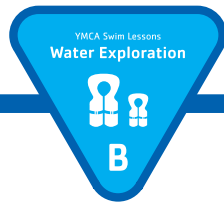
Infants and toddlers

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



### 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.



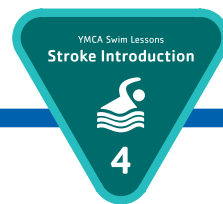
### 2 / WATER MOVEMENT

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.



### 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.

## SWIM STROKES

Preschool (stage 4 only)  
School-age  
Teen/Adult

Having mastered the fundamentals, students 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.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKING YOU A BETTER SWIMMER

## 2017 Aquatics Schedule NORTH BRANDON FAMILY YMCA



# NORTH BRANDON FAMILY YMCA

## 2017 SPRING/SUMMER SWIM LESSONS SCHEDULE

Level	Days	Time
<b>SAFETY AROUND WATER WEEK</b>		
<b>MARCH 13 - 16</b>		
Member registration Feb. 13-March 9		
Nonmember registration Feb. 20-March 9		
Preschool	M-Th	5pm
Preschool	M-Th	5:50pm
School Age	M-Th	5pm
School Age	M-Th	5:50pm

### Spring 1, 6wks – March 20th - April 29th

Member registration Feb. 20-March 16

Nonmember registration Feb. 27-March 16

Water Discovery & Exploration	Sat	10:40am
Preschool Stage 1	Sat	9am
Preschool Stage 2&3	Sat	9am
School Age Stage 1 & 2	Sat	9:50am
School Age Stage 3	Sat	9:50am
School Age Stage 4	Sat	10:40am
Teen & Adult Stage 1	Sat	8:10am

### Spring 1A, 3wks – March 20th - April 8th

Member registration Feb. 20-March 16

Nonmember registration Feb. 27-March 16

Preschool Stage 1	Tu/Th	5pm
Preschool Stage 2 & 3	Tu/Th	5pm
Preschool Stage 4	Tu/Th	5:50pm
School Age Stage 1 & 2	Tu/Th	5:50pm
School Age Stage 3	Tu/Th	6:40pm
School Age Stage 4	Tu/Th	6:40pm

### Spring 1B, 3wks – April 10th - April 29th

Member registration Feb. 20-April 6

Nonmember registration Feb. 27-April 6

Preschool Stage 1	Tu/Th	5pm
Preschool Stage 2 & 3	Tu/Th	5pm
Preschool Stage 4	Tu/Th	5:50pm
School Age Stage 1 & 2	Tu/Th	5:50pm
School Age Stage 3	Tu/Th	6:40pm
School Age Stage 4	Tu/Th	6:40pm

#### How many days a week will I attend swim lessons?

6-week session = 1 time per week

3-week session = 2 times per week

2-week session = 3 times per week

Level	Days	Time
<b>Spring 2, 6wks – May 1st - June 10th</b>		
Member registration April 3-27		
Nonmember registration April 10-27		
Water Discovery & Exploration	Sat	8:30am
Preschool Stage 1	Sat	9am
Preschool Stage 2&3	Sat	9am
School Age Stage 1 & 2	Sat	9:50am
School Age Stage 3	Sat	9:50am
School Age Stage 4	Sat	10:40am
Preschool Stage 4	Sat	10:40am

### Spring 2A, 3wks – May 1st - May 20th

Member registration April 3-27

Nonmember registration April 10-27

Preschool Stage 1	Tu/Th	5pm
Preschool Stage 2 & 3	Tu/Th	5pm
Preschool Stage 4	Tu/Th	5:50pm
School Age Stage 1 & 2	Tu/Th	5:50pm
School Age Stage 3	Tu/Th	6:40pm
School Age Stage 4	Tu/Th	6:40pm

### Spring 2B, 3wks – May 22nd - June 10th

Member registration April 3-May 18

Nonmember registration April 10-May 18

Preschool Stage 1	Tu/Th	5pm
Preschool Stage 2 & 3	Tu/Th	5pm
Preschool Stage 4	Tu/Th	5:50pm
School Age Stage 1 & 2	Tu/Th	5:50pm
School Age Stage 3	Tu/Th	6:40pm
School Age Stage 4	Tu/Th	6:40pm

### Spring 2C, 2wks – May 29th - June 9th

Member registration April 3-May 25

Nonmember registration April 10-May 25

Water Discovery & Exploration	Tu/W/Th	8:10am
Preschool Stage 1	Tu/W/Th	8:10am
Preschool Stage 2 & 3	Tu/W/Th	9am
Preschool Stage 4	Tu/W/Th	9am
School Age Stage 1 & 2	Tu/W/Th	9:50am
School Age Stage 3	Tu/W/Th	9:50am
School Age Stage 4	Tu/W/Th	10:40am
School Age Stage 3	Tu/W/Th	10:40am

Level	Days	Time
<b>Summer 1, 6wks – June 12th - July 22nd</b>		
Member registration May 15-June 8 (for all Summer 1)		
Nonmember registration May 22-June 8 (for all Summer 1)		
Water Discovery & Exploration	Sat	8:30am
Preschool Stage 1	Sat	9am
Preschool Stage 2&3	Sat	9am
School Age Stage 1 & 2	Sat	9:50am
School Age Stage 3	Sat	9:50am
School Age Stage 4	Sat	10:40am
Preschool Stage 1	Sat	10:40am

### Summer 1a, 3wks – June 12th - July 1st

Preschool Stage 1	T/Th	4:10Pm
Preschool Stage 2 & 3	T/Th	4:10Pm
Preschool Stage 1	T/Th	5pm
Preschool Stage 2 & 3	T/Th	5pm
Preschool Stage 4	T/Th	5:50pm
School Age Stage 1 & 2	T/Th	5:50pm
School Age Stage 3	T/Th	6:40pm
School Age Stage 4	T/Th	6:40pm

### Summer 1b, 3wks – July 3rd - July 22nd

Preschool Stage 1	T/Th	4:10Pm
Preschool Stage 2 & 3	T/Th	4:10Pm
Preschool Stage 1	T/Th	5pm
Preschool Stage 2 & 3	T/Th	5pm
Preschool Stage 4	T/Th	5:50pm
School Age Stage 1 & 2	T/Th	5:50pm
School Age Stage 3	T/Th	6:40pm
School Age Stage 4	T/Th	6:40pm

### Summer 1c - 2wks June 12th - June 23rd

Water Discovery & Exploration	T/W/Th	8:10am
Preschool Stage 1	T/W/Th	8:10am
Preschool Stage 2 & 3	T/W/Th	9am
Preschool Stage 4	T/W/Th	9am
School Age Stage 1 & 2	T/W/Th	9:50am
School Age Stage 3	T/W/Th	9:50am
School Age Stage 4	T/W/Th	10:40am
School Age Stage 1 & 2	T/W/Th	10:40am

### Summer 1d, 2wks – June 26th - July 7th

Water Discovery & Exploration	T/W/Th	8:10am
Preschool Stage 1	T/W/Th	8:10am
Preschool Stage 2 & 3	T/W/Th	9am
Preschool Stage 4	T/W/Th	9am
School Age Stage 1 & 2	T/W/Th	9:50am
School Age Stage 3	T/W/Th	9:50am
School Age Stage 4	T/W/Th	10:40am
School Age Stage 1 & 2	T/W/Th	10:40am

Level	Days	Time
<b>Summer 1e - 2wks – July 10th - July 21st</b>		
Water Discovery & Exploration	T/W/Th	8:10am
Preschool Stage 1	T/W/Th	8:10am
Preschool Stage 2 & 3	T/W/Th	9am
Preschool Stage 4	T/W/Th	9am
School Age Stage 1 & 2	T/W/Th	9:50am
School Age Stage 3	T/W/Th	9:50am
School Age Stage 4	T/W/Th	10:40am
School Age Stage 3	T/W/Th	10:40am

### Summer 2, 6wks – July 24th - September 2nd

Member registration June 26-July 20 (for all Summer 2)

Nonmember registration July 8-July 20 (for all Summer 2)

Water Discovery & Exploration	Sat	8:30am
Preschool Stage 1	Sat	9am
Preschool Stage 2&3	Sat	9am
School Age Stage 1 & 2	Sat	9:50am
School Age Stage 3	Sat	9:50am
School Age Stage 4	Sat	10:40am
Preschool Stage 4	Sat	10:40am

### Summer 2a, 3wks – July 24th - August 12th

Preschool Stage 1	T/Th	4:10Pm
Preschool Stage 2 & 3	T/Th	4:10Pm
Preschool Stage 1	T/Th	5pm
Preschool Stage 2 & 3	T/Th	5pm
Preschool Stage 4	T/Th	5:50pm
School Age Stage 1 & 2	T/Th	5:50pm
School Age Stage 3	T/Th	6:40pm
School Age Stage 4	T/Th	6:40pm

### Summer 2b - 3wks – August 14th - September 2nd

Preschool Stage 1	T/Th	5pm
Preschool Stage 2 & 3	T/Th	5pm
Preschool Stage 4	T/Th	5:50pm
School Age Stage 1 & 2	T/Th	5:50pm
School Age Stage 3	T/Th	6:40pm
School Age Stage 4	T/Th	6:40pm

### Summer 2c - 2wks – July 24th - August 4th

Water Discovery & Exploration	T/W/Th	8:10am
Preschool Stage 1	T/W/Th	8:10am
Preschool Stage 2 & 3	T/W/Th	9am
Preschool Stage 4	T/W/Th	9am
School Age Stage 1 & 2	T/W/Th	9:50am
School Age Stage 3	T/W/Th	9:50am
School Age Stage 4	T/W/Th	10:40am
School Age Stage 3	T/W/Th	10:40am

#### Swim Lesson Fees

Everywhere Members: \$60

Here Members: \$80

Nonmembers: \$100

More information at [tampaymca.org](http://tampaymca.org)