



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 2018 FALL AQUATICS SCHEDULE

## NORTHWEST HILLSBOROUGH FAMILY YMCA

### Fall 1 6 weeks

**September 8–October 13**

Member registration Aug 6–Aug 30

Nonmember registration Aug 13–Aug 30

LEVEL	DAYS	TIME
Water Discovery & Exploration	Sat	11am
Preschool Stage 1 & 2	Sat	8:30am
Preschool Stage 1 & 2	Sat	9:20am
Preschool Stage 1 & 2	Sat	10:10am
Preschool Stage 2 & 3	Sat	9:20am
School Age Stage 1 & 2	Sat	9:20am
School Age Stage 1 & 2	Sat	10:10am
School Age Stage 3	Sat	10:10am
School Age Stage 4	Sat	11am
Teen & Adult Stage 2	Sat	8:30am

### Fall 1a 3 weeks

**September 3–September 20**

Member registration Aug 6–Aug 30

Nonmember registration Aug 13–Aug 30

LEVEL	DAYS	TIME
Water Discovery & Exploration	M/W	5:50pm
Preschool Stage 1 & 2	M/W	5pm
Preschool Stage 1 & 2	M/W	6:40pm
Preschool Stage 2 & 3	M/W	5:50pm
Preschool Stage 4	M/W	6:40pm
School Age Stage 1 & 2	M/W	5pm
School Age Stage 2 & 3	M/W	4:10pm
School Age Stage 4	M/W	4:10pm
Preschool Stage 1 & 2	Tu/Th	5pm
Preschool Stage 1 & 2	Tu/Th	5:50pm
Preschool Stage 2 & 3	Tu/Th	5pm
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**

### Fall 1b 3 weeks

**September 24–October 11**

Member registration Aug 6–Sep 20

Nonmember registration Aug 13–Sep 20

LEVEL	DAYS	TIME
Water Discovery & Exploration	M/W	5:50pm
Preschool Stage 1 & 2	M/W	5pm
Preschool Stage 1 & 2	M/W	6:40pm
Preschool Stage 2 & 3	M/W	5:50pm
Preschool Stage 4	M/W	6:40pm
School Age Stage 1 & 2	M/W	5pm
School Age Stage 2 & 3	M/W	4:10pm
School Age Stage 4	M/W	4:10pm
Preschool Stage 1 & 2	Tu/Th	5pm
Preschool Stage 1 & 2	Tu/Th	5:50pm
Preschool Stage 2 & 3	Tu/Th	5pm
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

### Swim Lesson Fees

Everywhere Members: \$60

Here Members: \$80

Nonmembers: \$100

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



# STAGE DESCRIPTIONS

## SWIM STARTERS

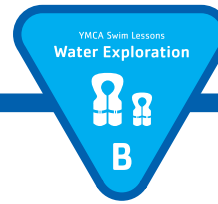
Infants and toddlers

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.

## SWIM BASICS

Preschool  
School-age  
Teen/Adult

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



### 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.



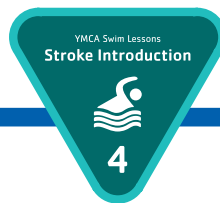
### 3 / WATER STAMINA

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

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.



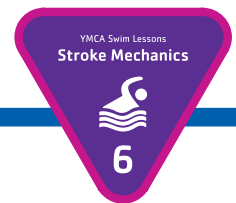
### 4 / STROKE INTRODUCTION

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.

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