



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2019 SPRING AQUATICS SCHEDULE

## BOB GILBERTSON CENTRAL CITY FAMILY YMCA

LEVEL	DAYS	TIME
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### SAFETY AROUND WATER | March 18-21

Member registration Feb 18-Mar 14  
Nonmember registration Feb 25-Mar 14

Preschool	M-Th	5:30pm
Preschool	M-Th	5:30pm
School Age	M-Th	6:15pm
School Age	M-Th	6:15pm

### SPRING 1, 6 WEEKS | Feb 9-Mar 16

Member registration Jan 7-Feb 7  
Nonmember registration Jan 14-Feb 7

Water Discovery & Water Exploration	Sa	9am
Teen & Adult Stage 1	Sa	9:40am
Preschool Stage 1 & 2	Sa	10:30am
Preschool Stage 3 & 4	Sa	10:30am
School Age Stage 1 & 2	Sa	11:15am
School Age Stage 3 & 4	Sa	11:15am

### SPRING 1A, 3 WEEKS | Feb 4-Feb 21

Member registration Jan 7-Jan 31  
Nonmember registration Jan 14-Jan 31

Preschool Stage 1 & 2	Tu/Th	5:30pm
Preschool Stage 3 & 4	Tu/Th	5:30pm
School Age Stage 1 & 2	Tu/Th	6:15pm
School Age Stage 3 & 4	Tu/Th	6:15pm

### SPRING 1B, 3 WEEKS | Feb 25-Mar 14

Member registration Jan 7-Feb 21  
Nonmember registration Jan 14-Feb 21

Preschool Stage 1 & 2	Tu/Th	5:30pm
Preschool Stage 3 & 4	Tu/Th	5:30pm
School Age Stage 1 & 2	Tu/Th	6:15pm
School Age Stage 3 & 4	Tu/Th	6:15pm

LEVEL	DAYS	TIME
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### SPRING 2, 6 WEEKS | Mar 30-May 4

Member registration Feb 25-Mar 28  
Nonmember registration Mar 4-Mar 28

Water Discovery & Water Exploration	Sa	9am
Teen & Adult Stage 1	Sa	9:40am
Preschool Stage 1 & 2	Sa	10:30am
Preschool Stage 3 & 4	Sa	10:30am
School Age Stage 1 & 2	Sa	11:15am
School Age Stage 3 & 4	Sa	11:15am

### SPRING 2A, 3 WEEKS | Mar 25-Apr 11

Member registration Feb 25-Mar 21  
Nonmember registration Mar 4-Mar 21

Preschool Stage 1 & 2	Tu/Th	5:30pm
Preschool Stage 3 & 4	Tu/Th	5:30pm
School Age Stage 1 & 2	Tu/Th	6:15pm
School Age Stage 3 & 4	Tu/Th	6:15pm

### SPRING 2B, 3 WEEKS | Apr 15-May 2

Member registration Feb 25-Apr 11  
Nonmember registration Mar 4-Apr 11

Preschool Stage 1 & 2	Tu/Th	5:30pm
Preschool Stage 3 & 4	Tu/Th	5:30pm
School Age Stage 1 & 2	Tu/Th	6:15pm
School Age Stage 3 & 4	Tu/Th	6:15pm

#### Swim Lesson Fees

Members: \$60

Nonmembers: \$110

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

#### 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



# STAGE DESCRIPTIONS

## SWIM STARTERS

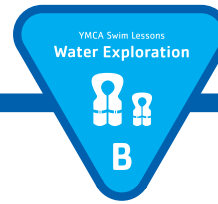
Infants and toddlers

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.



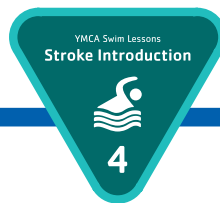
### 3 / WATER STAMINA

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.