

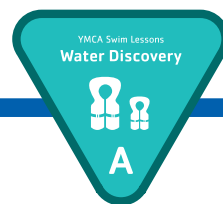


STAGE DESCRIPTIONS

SWIM STARTERS

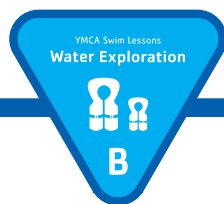
Infants and toddlers

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.



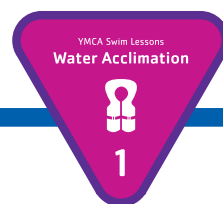
A / WATER DISCOVERY

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.



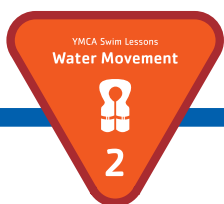
B / WATER EXPLORATION

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



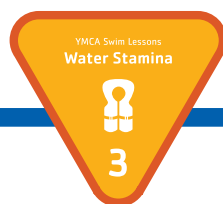
1 / WATER ACCLIMATION

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.



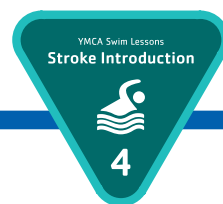
2 / WATER MOVEMENT

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.



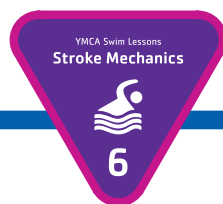
4 / STROKE INTRODUCTION

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

2019 Winter/Spring Schedule
NORTHWEST HILLSBOROUGH
FAMILY YMCA



NORTHWEST HILLSBOROUGH FAMILY YMCA

2019 WINTER/SPRING SWIM LESSONS SCHEDULE

LEVEL DAYS TIME

WINTER 1 | 3 WEEKS

Jan 14-Jan 30

Member registration Dec 17-Jan 10

Nonmember registration Dec 24-Jan 10

Preschool Stage 2 & 3	M/W	5pm
Preschool Stage 1 & 2	M/W	5:50pm
School Age Stage 2 & 3	M/W	5pm
School Age Stage 4	M/W	4:10pm

SPRING 1 | 6 WEEKS

Feb 9-Mar 16

Member registration Jan 7-Feb 7

Nonmember registration Jan 14-Feb 7

Water Discovery & Exploration	Sa	11am
Preschool Stage 2 & 3	Sa	10:10am
Preschool Stage 1 & 2	Sa	11am
School Age Stage 2 & 3	Sa	10:10am

SPRING 1A, 3 WEEKS

Feb 4-Feb 20

Member registration Jan 7-Jan 31

Nonmember registration Jan 14-Jan 31

Preschool Stage 2 & 3	M/W	5pm
Preschool Stage 1 & 2	M/W	5:50pm
School Age Stage 2 & 3	M/W	5pm
School Age Stage 4	M/W	4:10pm

SPRING 1B | 3 WEEKS

Feb 25-Mar 13

Member registration Jan 7-Feb 21

Nonmember registration Jan 14-Feb 21

Preschool Stage 1 & 2	M/W	5pm
Preschool Stage 1 & 2	M/W	6:40pm
Preschool Stage 2 & 3	M/W	5:50pm
School Age Stage 1 & 2	M/W	5pm
School Age Stage 2 & 3	M/W	5:50pm
School Age Stage 4	M/W	4:10pm

LEVEL DAYS TIME

SAFETY AROUND WATER

March 18-21

Member registration Feb 18-Mar 14

Nonmember registration Feb 25-Mar 14

Preschool	M-Th	8:30am
Preschool	M-Th	9:20am
Preschool	M-Th	10:10am
Preschool	M-Th	11am
Preschool	M-Th	11:50am
Preschool	M-Th	4:10pm
Preschool	M-Th	5pm
Preschool	M-Th	5:50pm
Preschool	M-Th	6:40pm
Preschool	M-Th	7:30pm
School Age	M-Th	8:30am
School Age	M-Th	9:20am
School Age	M-Th	10:10am
School Age	M-Th	11am
School Age	M-Th	11:50am
School Age	M-Th	4:10pm
School Age	M-Th	5pm
School Age	M-Th	5:50pm
School Age	M-Th	6:40pm

Swim Lesson Fees

Members: \$60

Nonmembers: \$110

More information at 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

LEVEL DAYS TIME

SPRING 2 | 6 WEEKS

Mar 30-May 4

Member registration Feb 25-Mar 28

Nonmember registration Mar 4-Mar 28

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

SPRING 2A | 3 WEEKS

Mar 25-Apr 11

Member registration Feb 25-Mar 21

Nonmember registration Mar 4-Mar 21

Water Discovery & Exploration	M/W	5:50pm
Preschool Stage 1&2	M/W	5pm
Preschool Stage 1&2	M/W	6:40pm
Preschool Stage 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 3	M/W	5:50pm
School Age Stage 4	M/W	4:10pm
School Age Stage 4	M/W	6:40pm
Teen & Adult Stage 2	M/W	7:30pm
Preschool Stage 1&2	Tu/Th	5pm
Preschool Stage 1&2	Tu/Th	5:50pm
Preschool Stage 3	Tu/Th	5pm
Preschool Stage 4	Tu/Th	5:50PM
School Age Stage 2 & 3	Tu/Th	6:40pm
School Age Stage 4	Tu/Th	6:40pm

LEVEL DAYS TIME

SPRING 2B | 3 WEEKS

Apr 15-May 2

Member registration Feb 25-Apr 11

Nonmember registration Mar 4-Apr 11

Water Discovery & Exploration	M/W	5:50pm
Preschool Stage 1&2	M/W	5pm
Preschool Stage 1&2	M/W	6:40pm
Preschool Stage 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 3	M/W	5:50pm
School Age Stage 4	M/W	4:10pm
School Age Stage 4	M/W	6:40pm
Teen & Adult Stage 2	M/W	7:30pm
Preschool Stage 1&2	Tu/Th	5pm
Preschool Stage 1&2	Tu/Th	5:50pm
Preschool Stage 2 & 3	Tu/Th	5pm
Preschool Stage 4	Tu/Th	5:50pm
School Age Stage 2 & 3	Tu/Th	6:40pm
School Age Stage 4	Tu/Th	6:40pm

