

HELPING THEM REALIZE THEIR POTENTIAL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ann Arbor YMCA

400 West Washington Street

Ann Arbor, Michigan 48103

www.annarborymca.org

ANN ARBOR YMCA SWIM LESSON INFORMATION



DEAR PARENTS,

Welcome to the ANN ARBOR YMCA Aquatics Program and thank you for enrolling your child. We look forward to a safe, fun and positive experience this session. Because beautiful Michigan has an abundance of recreational lakes, our goal is to ensure that our children and families are water-safe at all times.

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits that they will carry with them throughout their lives. In addition, the benefits of participating in our swim lessons program are far greater than just physical health. At our Y, the focus is on building the whole child, from the inside out, so kids will learn about the rewards of persistence and courage, as well as mastering their swimming strokes.

This newsletter provides information about the lesson program, equipment, class materials, pool rules, and quick reminders. We are happy that you have chosen the Ann Arbor YMCA Aquatics Program for your child! See you, and your kids, in the pool!

Sincerely,
Christina Wackenheim
Aquatics Director

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HAVE QUESTIONS?

Please feel free to talk to your child's instructor or contact Christina Wackenheim at cwackenheim@annarborymca.org OR call 734-661-8050

DECK MANAGERS

Anytime lessons are active in the pool, the Ann Arbor YMCA has Deck Managers available. They are here to help ensure the classes run effectively and efficiently. Please let them know if you need anything!



- Children under the age of 6 must have a parent or guardian 16 years of age or older in the water at arms reach at all times.
- No running on the deck.
- Food, beverages, and gum are not permitted in the pool area.
- Everyone must shower before entering the pools
- Proper swim attire must be worn at all times.
- No horseplay, wrestling, piggy backs or chicken fights allowed.
- No street shoes on the deck
- No strollers allowed on the deck.
- A waiting line will form if the swimmer to lifeguard ratio is exceeded.
- Inappropriate language will not be tolerated.
- Swim diapers with covers are required for all patrons who do not have full bladder and bowel control.
- Long hair needs to be tied back or in a swim cap.
- Patrons with bandages or open wounds should not enter the water.
- All patrons must pass a swim test before entering the deep end of the lap pool.
- No diving allowed in the small pool or the shallow end of the lap pool.
- Inflatable toys and equipment of any kind are prohibited.

Failure to follow rules may result in expulsion from the pool area.

Lifeguards have final discretion regarding rules and policies.

CLASS LEVELS AND OVERVIEW

The YMCA swim lessons include five major categories: personal safety, personal growth, stroke development, water sports and games, and rescue. Please take a moment to look over the following classes, and see SOME of what you should expect from each class. If you have questions, please feel free to ask your child's instructor.

PARENT/ CHILD LESSONS

Parent Tot Classes- SKIPPERS (6 months to 3 years)

Children and parents will learn to become comfortable in the water, blow bubbles, kick, and enjoy games. This is a water adjustment class. Three adults may accompany each registered child. Classes are 30 minutes long.

PRESCHOOL LESSONS *3-5 years* 30 minutes

Pike

Children will gain self-confidence and learn pool safety. We will practice: putting the face in the water, blowing bubbles, paddling 10-15 feet with PFD (personal flotation device) floating on front and back, and enjoying water games.

Eel

Children will gain self confidence and learn pool safety. We will practice: walking away from the wall without assistance, front and back float for 20 seconds, paddling on front and side for 25 yards, climbing down the pole and swimming up, and enjoying water games.

StarRay

Children will gain self confidence and learn pool safety. We will practice: diving safety, front and back floating for 30 seconds, treading water, boating safety, and danger recognition. Stroke development will include: front, back and side alternating paddle, front and side symmetrical paddle, and jumping into deep water and resurfacing.

Starfish

Children will gain self confidence and learn pool safety. We will practice: diving safety, front and back floating for one minute, treading water, boating safety, danger recognition, and holding the HELP position. Stroke development will include: front, back and side alternating paddle (with rudimentary rhythmic breathing), and front and side symmetrical paddle. We will also explore front and back somersaults, canoe sculling, and surface dives.

Shower Time!

Please rinse off in the shower before swimming to help keep our pool properly maintained.



QUICK REMINDERS

- Free placement swim tests are given Tuesday, Wednesday, and Thursday from 5:30 p.m. to 6:00 p.m. No appointment needed.
- The Aquatics Department reserves the right to cancel classes due to low enrollment.
- Parents must escort their child to and from classes. You may sit on the deck for the first class, but for following classes please wait for your child in the viewing areas in the lobby or fitness floor. No parents should be on the swim deck so that your child can fully bond with his/her instructor.
- Goggles! When it comes to eye wear in classes we recommend that your child be comfortable with the goggles he/she has. During the class if your child is spending a lot of time fixing and adjusting the goggles you should wait to use them in the next class. The best way to make sure the goggles fit well is to use them at an open swim, in the shower, or in a bath and make adjustments as you see fit. The time in the classes is valuable and we would like to make sure we can give all the time we can to your child.
- The week before registration your child will receive a registration reminder. It will have your child's name, instructor's name, and what class you should be signing up for next session.
- The last week of lessons instructors will give your children a progress report. It will give you, in detail, information on what your child has accomplished in their session.

YOUTH LESSONS *6-12 years* 45 minutes

Polliwog

Children will gain self confidence and learn pool safety. We will practice: putting the face in the water, front and back float, and boating safety. Stroke development will include: front, back, and side paddle 25 yards with a float belt. We will also explore sculling, tubing, and climbing up and down a pole.

GUPPY

Children will gain self confidence, learn pool safety, and gain danger recognition. We will practice: front alternating paddle with rudimentary rhythmic breathing, front, back, and side symmetrical paddle, back alternating paddle. We will also explore front and back somersaults, canoe sculls, deep water jumps, and surface glides.

MINNOW

Children will gain self confidence, learn pool safety, gain danger recognition, and learn to take their own pulse. We will practice front alternating paddle with rudimentary rhythmic breathing, front, back, and side symmetrical paddle, back alternating paddle, and sidestroke. We will also explore circle kick, water wheels, synchro skills, standing dive off deck, and wet ball.

FISH

Children will gain self confidence, learn pool safety, gain danger recognition, and learn to take their own pulse. We will practice: crawl stroke with rotary breathing, breaststroke, elementary backstroke, back crawl, side stroke, and butterfly. We will also explore diving variations, wet ball, and using masks and fins.

FLYING FISH

Children will gain self confidence, learn pool safety, gain danger recognition, and learn to take their own pulse. We will practice 100 yards of crawl stroke, breaststroke, elementary backstroke, back crawl, sidestroke, and 25 yards of butterfly. We will also explore underwater swimming, various synchro skills, and flip turns.

SHARK

Children will focus on personal safety and personal growth. We will practice: 100 yards of crawl stroke, breaststroke inverted breaststroke, back crawl, 50 yards of over arm sidestroke, butterfly, and trudgen crawl. We will learn how to swim a 200 yard individual medley with flip turns.

Progression

Children progress at their own speed, and it is common for a swimmer to remain at the same level for a complete year of classes, even with perfect attendance. We stress each child's self esteem and confidence, improving skills, technique, and gaining strength. Each week we will incorporate character values such as caring, honesty, respect and responsibility.

