



STRONG SWIMMERS SAFE KIDS

**SWIM LESSON GUIDE
YMCA OF DANE COUNTY
FALL 1 | SEPTEMBER 14-OCTOBER 1**



**LUSSIER FAMILY EAST YMCA
SUN PRAIRIE YMCA**
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YOUTH BUILDING ACCESS GUIDELINES

Ages	6 weeks–6 years	7 years	8–9 years	10 years	11–12 years	13–15 years	16 years	17 years	18 years
General Facility	Accompanied by parent/guardian			Permitted without supervision					
Fitness Center	Not allowed			Must complete orientation			No limitations		
Group Exercise	Not allowed					Yes, except BODYPUMP	Permitted without supervision		
Gym	Accompanied by parent/guardian			Permitted without supervision					
Pool	Accompanied by parent/guardian			Need to pass deep water test to be in the deep end					
Pool PASS Deep Water Test	Parent in water	Parent on deck	Access to entire pool						
Pool FAIL Deep Water Test	Parent in water	See below	Limited to shallow end of the pool						
Option 1: 7–9 year olds parent in the pool in the shallow end with child or children at arm’s length. Option 2: 7–9 year olds has to have a life-jacket on in the shallow end and parent on the pool deck.									

Here’s what we’re doing to make swim lessons SAFE FOR ALL:

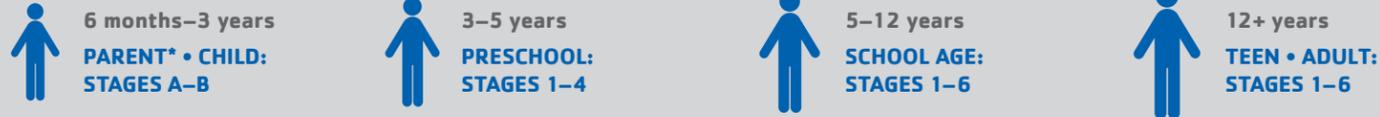
- CDC guidance stipulates that the new coronavirus cannot spread via properly chlorinated and maintained pool water. All of our pools meet or exceed CDC health standards.
- Participants should only register for one class this session.
- A parent/caregiver (age 18+) needs to be in the water with children unable to pass the deep water test.
- Instructors will teach mostly from the pool deck. When they are in the pool, they will wear face shields.
- All classes are limited in size and will be held in 1–2 lane spaces so that social distancing can be maintained.
- All participants will have a temperature check and verbal health questionnaire upon entry.
- Individuals with a temperature of 100.4 or higher will not be permitted in the building.
- Only one parent/caregiver is allowed in the building with each child.
- Very limited seating, spaced at least six feet apart, will be available on the pool deck.
- All participants will exit class via the emergency door in the pool area.
- Swimmers are encouraged to arrive wearing swimsuits and ready to swim so that they can bypass the locker room.
- Please arrive no more than five minutes before your scheduled class time to keep occupancy numbers within guidelines and walkways clear. Please exit the building as soon as possible following your child’s lesson.
- Goggles will not be available; please bring your own if needed.
- EVERYONE OVER THE AGE OF 5 MUST WEAR A FACE MASK upon entry, at check-in and while entering the pool area and on the pool deck. Masks should be removed while swimming. Replace masks after your lesson and as you exit the facility.

Open Swim Guidelines

- First-come, first-served
- Up to four lanes available
- One family per lane
- 30-minute time limit
- A parent/guardian age 18+ must accompany any children under 16 in the pool area and are encouraged to be in the water with them to enforce social distancing
- If children are six and under, a parent/guardian MUST be in the water with them
- No pool toys or flotation devices will be available for use, but you can bring your own

Open Swim Times can be found at ymcadane.org

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



All age groups learn the same skills but are divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET 1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET 2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET 3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET 4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl and breaststroke across the pool?

NOT YET 5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl and breaststroke across the pool and back?

NOT YET 6 / STROKE MECHANICS

HAVE MORE QUESTIONS?

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STAGE DESCRIPTIONS



SWIM STARTERS

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.

SWIM BASICS

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



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

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.

FALL 1

Fall 1: September 14–October 1
 Program Price: \$98 | Discounted Member Price: \$49

FALL 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00–9:30 am					Water Exploration Preschool 1 • 2
9:15–9:45 am		Water Exploration			
9:35–10:05 am					Water Discovery Preschool 3 • 4
9:50–10:20 am		Preschool 1			
10:10–10:55 am					Youth 2 Teen/Adult- Intermediate/ Advanced
10:25–10:55 am		Preschool 2 • 3			
11:00–11:45 am					Youth 1 • 2 • 3 • 4
4:00–4:30 pm	Preschool 1 • 2				
4:00–4:45 pm			Youth 1 • 2 • 3 • 4		
4:35–5:05 pm	Preschool 2 • 3 • 4				
4:45–5:45 pm	Swim Team Prep - Inter • Adv	Swim Team Prep - Beginners	Swim Team Prep - Inter • Adv.	Swim Team Prep - Beginners	
4:50–5:20 pm			Preschool 1 • 2		
5:10–5:55 pm	Youth 2 • 3				
5:25–5:55 pm			Water Discovery Preschool 3 • 4		
6:00–6:45 pm	Youth 1 • 2 • 4 • 5		Youth 5 • 6 Teen/Adult- Intermediate/ Advanced		



PRIVATE & SEMI PRIVATE SWIM LESSONS

Private swim lessons focus on a goal or goals for the individual swimmer. Offered at all branches. Contact the Aquatics Director at your branch for more information or to schedule private lessons.

Lussier Family East YMCA and Sun Prairie YMCA
 Robin Berg | rberg@ymcadane.org

Lussier Family West YMCA
 Becky Whiting | bwhiting@ymcadane.org

FALL 1

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FALL 1	MONDAY	TUESDAY	THURSDAY	SATURDAY	SUNDAY
9:15–9:45am	Water Exploration				
9:45–10:30 am				Teen/Adult- Intermediate/ Advanced Swim Team Prep	
9:50–10:20 am	Preschool 1 • 2				
10:15–11:00 am					Youth 1
10:25–10:55 am	Preschool 3 • 4				
10:30–11:00 am				Water Discovery Water Exploration	Preschool 1
10:30–11:15 am				Youth 1 • 2	
11:05–11:35 am				Preschool 1 • 2	Preschool 2
11:05–11:50 am					Youth 2 • 3
11:20 am–12:05 pm				Youth 3 • 4	
11:40 am–12:10 pm				Preschool 1 • 3 • 4	Preschool 3 • 4
11:55 am–12:40 pm					Youth 4 • 5 • 6
12:10–12:55 pm				Youth 5 • 6	
6:15–6:45 pm		Water Discovery	Water Exploration Preschool 1		
6:30–7:00 pm		Preschool 1 • 2 • 3 • 4	Preschool 2 • 3 • 4		
6:50–7:35 pm		Youth 1 • 2	Youth 3		
7:05–7:50 pm		Youth 3 Teen/Adult- Intermediate/Advanced	Youth 4 • 5 • 6		

We reserve the right to combine or cancel classes.

FALL 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00–9:45 am					Youth 4 • 5 • 6
9:15–9:45 am			Preschool 3 • 4	Water Discovery	
9:50–10:20 am			Preschool 1 • 2	Preschool 1 • 2	
9:50–10:35 am					Youth 1 • 2 • 3
10:40–11:10 am					Preschool 1 • 2 • 3
5:45–6:15 pm		Preschool 1 • 2 • 3 • 4		Water Discovery Preschool 1 • 2 • 3 • 4	
6:15–7:00 pm		Youth 2 • 3 • 4 • 5 • 6		Youth 1 • 2 • 3 • 4 • 5 • 6	
6:30–7:00 pm	Water Discovery Preschool 1 • 2 • 3				
7:00–8:00 pm		Masters		Masters	
7:05–7:50 pm	Youth 1 • 2 • 3 • 4 • 5 • 6				

The YDC coaching staff believes in proper development of its swimmers and wants to see them develop at a rate that will promote longevity in their participation on the team and in the sport of swimming. Staff will determine which practice group is the best match for each swimmer. Swim team members are expected to participate in at least one meet a month. Parents are expected to volunteer at YDC host meets. Swimmers must be YMCA members.

GROUP 1 (WHITE / RED)

The focus of this group is to develop/strengthen four competitive strokes along with starts and turns and becoming comfortable with competition. Swimmers need to be able to swim at least one length of the pool without stopping.

East

TU & F 4:00–4:45 pm
 M 4:30–5:15 pm
 W 4:15–5:00 pm
 TH 4:15–5:00 pm
 Member Only \$42/month

GROUP 2A (BLUE/BRONZE)

This group will focus on perfecting strokes, starts and turns. In addition, this group will be exposed to endurance/more advanced endurance based interval trainings and developing race strategies.

East

TU & F 4:00–4:45 pm
 W 4:15–5:00 pm
 Member Only \$54/month

GROUP 2B (BLUE/BRONZE)

East

M 5:15–6:15 pm
 W & TH 5:00–5:45 pm
 Member Only \$60/month

GROUP 3 (SILVER/GOLD)

Here, we'll focus on developing a more-advanced/high endurance base, advanced/mastery technique of strokes, starts and turns and advanced racing strategies.

East

TU & F 4:45–5:45 pm
 W 6:00–7:00 pm
 Member Only \$72/month

JACKSPLASH is Open

Monday–Friday 1 1:00 am–3:00 pm
 Monday–Thursday 3:30–7:00 pm
 Friday 3:30–6:00 pm
 Saturday & Sunday 10:00 am–2:00 pm

Max. of 20 patrons, first come first serve
 Social distancing and safety guidelines in place
 Patrons under the age of 16 must be accompanied by an adult
 Basketball courts are not available

SWIM TEAM INFORMATION

- Online registration only.
- A \$65 fee is due at registration.
- Full-season deductions occur on the first of each month from September–March.
- Swimmers must be YMCA members.
- For more information, visit ymcadane.org.

SWIM TEAM PREP–BEGINNER

September 14–November 1

For swimmers six and older who would like to develop their strokes and build endurance at a faster pace than they would in swim lessons, but not have to commit to a 7 month swim team season and swim meets. Participants must be able to swim 25 yards without stopping and have a basic knowledge of front crawl, back crawl, breaststroke and butterfly. Focuses on all aspects of competitive swimming including stroke work, starts and turns.

Sun Prairie

T/TH 4:45–5:45 pm
 Program Price \$260
 Discounted Member Price \$130

SWIM TEAM PREP–INTERMEDIATE/ADVANCED

September 14–November 1

For swimmers six and older who would like to develop their strokes and build endurance at a faster pace than they would in swim lessons, but not have to commit to a 7 month swim team season and swim meets. This group is geared toward swimmers that can already swim all four competitive strokes. Participants must be able to swim 100 yards without stopping in backstroke and front crawl. In addition they must also be able to swim 50 yards of breaststroke and butterfly. Focus will be put on all aspects of competitive swimming including stroke work, starts and turns.

Sun Prairie

M/W 4:45–5:45 pm
 Program Price \$260
 Discounted Member Price \$130