

# SWIM GUIDE WINTER 2021



WINTER 1 | JANUARY 3-FEBRUARY 20  
WINTER 2 | FEBRUARY 21-APRIL 10

.....  
YMCA OF DANE COUNTY



**LUSSIER FAMILY EAST YMCA**

Robin Berg  
 rberg@ymcadane.org  
 711 Cottage Grove Road  
 Madison, WI 53716



**SUN PRAIRIE YMCA**

Natalie Bach  
 nbach@ymcadane.org  
 1470 Don Simon Drive  
 Sun Prairie, WI 53590



**LUSSIER FAMILY WEST YMCA**

Becky Whiting  
 bwhiting@ymcadane.org  
 5515 Medical Circle  
 Madison, WI 53719

**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.
- A parent/caregiver (age 18+) needs to be in the water with children in Water Exploration/Water Discovery and Preschool Level 1.
- If not feeling well, PLEASE do not come to lessons.
- Very limited seating, spaced at least six feet apart, will be available on the pool deck.
- Swimmers are encouraged to arrive wearing swimsuits and ready to swim so that they can bypass the locker room however locker rooms are open.
- Anyone who is NOT vaccinated is encouraged to wear a mask. Masks should be removed while swimming.



## Sun Prairie Kiddie Pool

Monday-Wednesday . . . . 11:00 am-3:30 pm

Open Swim Times can be  
found at [ymcadane.org](http://ymcadane.org)

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* • CHILD:**  
STAGES A–B



3–5 years  
**PRESCHOOL:**  
STAGES 1–4



5–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN • ADULT:**  
STAGES 1–6

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?

#### LUSSIER FAMILY EAST YMCA

Robin Berg | [rberg@ymcadane.org](mailto:rberg@ymcadane.org)

#### SUN PRAIRIE YMCA

Natalie Bach | [nbach@ymcadane.org](mailto:nbach@ymcadane.org)

#### LUSSIER FAMILY WEST YMCA

Becky Whiting | [bwhiting@ymcadane.org](mailto:bwhiting@ymcadane.org)





# STAGE DESCRIPTIONS

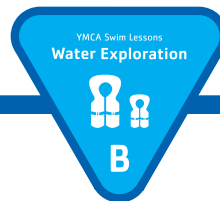
## SWIM STARTERS

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.



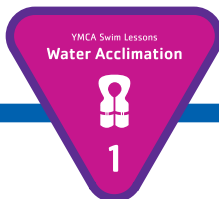
### B / WATER EXPLORATION

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

## SWIM BASICS

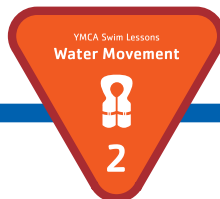
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn, grab



### 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.

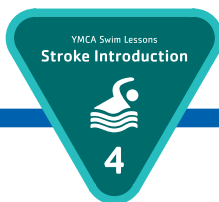


### 3 / WATER STAMINA

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

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.



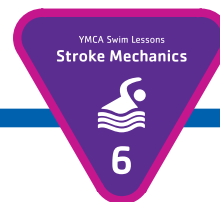
### 4 / STROKE INTRODUCTION

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.

WINTER

Winter 1: January 3-February 20, 2022

Winter 2: February 21-April 10, 2022

Program Price: \$104 | Discounted Member Price: \$52

WINTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30-10:00 am		Water Discovery Water Exploration		
10:05-10:35 am		Preschool 1 • 2		
10:40-11:10 am		Preschool 3 • 4		
4:00-4:30 pm	Preschool 1 • 2			
4:00-4:45 pm			Youth 1 • 2 • 3	
4:00-5:00 pm		Swim Team Prep-Beg		Swim Team Prep-Beg
4:35-5:20 pm	Youth 1 • 2 • 3			
4:50-5:20 pm			Preschool 1 • 2 • 3	
5:00-6:00 pm		Swim Team Prep-Int/Adv		Swim Team Prep-Int/Adv
5:25-5:55 pm	Preschool 1 • 2 • 3 • 4		Water Discovery Water Exploration Preschool 1	
6:00-6:45 pm	Youth 3 • 4		Youth 3 • 4	
6:50-7:35 pm	Adult/Teen-Beginner Youth 5 • 6		Adult/Intermediate/ Advanced Youth 5 • 6	



**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**

Robin Berg | rberg@ymcadane.org

**Sun Prairie YMCA**

Natalie Bach | nbach@ymcadane.org

**Lussier Family West YMCA and Sun Prairie YMCA**

Becky Whiting | bwhiting@ymcadane.org

## WINTER

Winter 1: January 3–February 20, 2022

Winter 2: February 21–April 10, 2022

Program Price: \$104 | Discounted Member Price: \$52

## LUSSIER FAMILY EAST YMCA

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

# BE A LEADER. BE A LIFEGUARD.

### LIFEGUARD TRAINING COURSES

#### East

December 28 9:00 am–5:00 pm

December 29 9:00 am–5:00 pm

December 30 9:00 am–3:00 pm

Program Price

#### FREE CERTIFICATION

Get certified, join our team  
and the class is FREE

\$300

### LIFEGUARD TRAINING/CPR/FIRST AID

American Red Cross training includes: CPR/AED/First Aid/Lifeguard

Prerequisite: Minimum age of 15. Must be able to swim 300 yards continuously. PLEASE include a current email address when registering. Participants must attend all class dates listed for that course, no make up classes are offered.

#### West

February 18 6:00–9:00 pm

February 19 9:00 am–3:00 pm

February 20 8:00 am–1:00 pm

April 8 6:00–9:00 pm

April 9 9:00 am–3:00 pm

April 10 8:00 am–1:00 pm

Program Price

\$300

See website for additional scheduled classes this Winter. [www.ymcadane.org](http://www.ymcadane.org).

### MASTERS

#### East

January 3–February 20, 2022

February 21–April 10, 2022

TU/TH 7:15–8:30 pm

See website for more information. [www.ymcadane.org](http://www.ymcadane.org).

Program Price

\$150

Discounted Member Price

\$40

We reserve the right to  
combine or cancel classes.

## WINTER

Winter 1: January 3–February 20, 2022

Winter 2: February 21–April 10, 2022

Program Price: \$104 | Discounted Member Price: \$52

WINTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
8:00–8:45 am					Teen/Adult-Beg	
8:45–9:30 am					Teen/Adult-Inter/Adv	
9:30–10:00 am	Water Discovery Water Exploration		Preschool 1			
9:30–10:15 am					Swim Team Prep Beg	
10:05–10:35 am	Preschool 1		Preschool 2			
10:15–11:00 am					Swim Team Prep Inter/Adv	
10:40–11:10 am	Preschool 2		Preschool 3 • 4			
11:05–11:35 am					Preschool 1	
11:05–11:50 am					Youth 1 • 2	
11:40 am–12:10 pm					Preschool 2	
2:05–2:50 pm						Youth 1 • 2 • 3
2:15–2:45 pm						Preschool 1
2:50–3:20 pm						Preschool 2
2:55–3:40 pm						Youth 2 • 3 • 4
3:25–3:55 pm						Preschool 3 • 4
3:45–4:30 pm						Youth 3 • 4 • 5 • 6
4:00–4:30 pm						Water Discovery Water Exploration
6:30–7:00 pm		Water Discovery Water Exploration Preschool 1 • 2 • 3 • 4		Preschool 1 • 2 • 3 • 4		
7:05–7:50 pm		Youth 1 • 2 Adult-Beginner Adult-Inter/Adv		Youth 3 • 4 • 5 • 6		



### SWIM TEAM PREP-BEGINNER

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.

**January 3-February 20, 2022**

**February 21-April 10, 2022**

**Sun Prairie**

TU/TH 4:00-5:00 pm

Program Price \$250

Discounted Member Price \$125

**West**

SA 9:30-10:15 am

Program Price \$104

Discounted Member Price \$52

### SWIM TEAM PREP-INTERMEDIATE/ADVANCED

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.

**January 3-February 20, 2022**

**February 21-April 10, 2022**

**Sun Prairie**

TU/TH 5:00-6:00 pm

Program Price \$250

Discounted Member Price \$125

**West**

SA 10:15-11:00 am

Program Price \$104

Discounted Member Price \$52



**EAST SWIM TEAM**

<b>WHITE</b>		
M/W	4:30–5:15 pm	
Program Fee		\$45/month
<b>RED</b>		
M/W/TH	4:30–5:30 pm	
Program Fee		\$70/month
<b>BLUE</b>		
M/W	4:30–5:45 pm	
TH	4:30–6:00 pm	
Program Fee		\$80/month
<b>BRONZE</b>		
M	5:30–6:30 pm	
T	4:30–5:45 pm	
W	5:45–7:15 pm	
F	4:30–5:45 pm	
Program Fee		\$85/month
<b>SILVER/GOLD</b>		
M	7:00–8:30 pm (Dryland 7:00–7:45 pm/Pool 7:50–8:30 pm)	
TU/TH	4:30–6:00 pm	
W	5:45–7:45 pm	
F	4:30–6:30 pm	
Program Fee		\$100/month

If you have any questions, email the head coaches:  
 WEST: Alayna Gallegos: [agallegos@ymcadane.org](mailto:agallegos@ymcadane.org)  
 EAST: Nick Nager: [nnager@ymcadane.org](mailto:nnager@ymcadane.org)

**SWIM TEAM INFORMATION**

- Online registration only starting August 6
- 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](http://ymcadane.org)
- Financial assistance is available; contact the Aquatics director for more information.