



# AQUATICS – SWIM LESSONS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WINTER 2021 SESSION DATES

**Session Dates:** Tuesday, January 19 – Sunday, February 28  
**No Classes:** February 15–21  
**Registration\*:** Saturday, December 19: Family Memberships  
Monday, December 21: Open Memberships

For questions about classes or placement, please contact  
Josephine Rojas, Aquatic Coordinator: [jrojas@westporty.org](mailto:jrojas@westporty.org)

\*If your child participated in the Fall Session 2, please follow their instructor's recommendation from their progress report.



**The Westport Weston Family YMCA is taking precautions to ensure the safety of all members, staff and participants. Thank you for your cooperation.**

- Masks must be worn by children and adults into and throughout the Y, including locker rooms and restrooms. Swimmers may remove their mask at the start of their lesson.
- **Only one adult with swimmer who needs assistance is allowed to stay during their lesson.**
- Locker rooms are available for changing purposes, but we encourage wrap and go as weather permits.
- Please arrive no more than 10 minutes before swim lesson.
- There will be no free-swim in the splash pad before or after lessons.
- Instructors will wear face coverings at all times.
- Youth classes have been reduced to 4 swimmers.
- Only 1 30-minute class in the pool at a time.
- There will be use of noodles for group lessons, when needed.
- Swimmers and adults will exit the deck through the back emergency exit.
- Youth lessons (6–12 years) will be taught from deck as much as possible.
- Level 5 & 6 will be in the Lap Pool.
- **Please do not walk behind the starting block end of the pool.**

**SUBJECT TO CHANGE BASED ON CT GUIDELINES**

### Makeup/Refund Policy

Swim lesson participants register for classes on specific dates and times. Attendance in scheduled classes is the responsibility of the participant. We cannot provide makeup classes or allow the participants to attend a different class, unless the YMCA cancels a class and provides for a makeup.

No refunds for classes missed.



# AQUATICS SWIM LESSONS

WINTER: TUESDAY, JANUARY 19- SUNDAY, FEBRUARY 28

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## Parent/Child (30 min): \$104

### Stage A Water Discovery (6 -17 months)

Parent is guided by instructor to learn swim cues to assist their child in learning basic beginner skills.

Tue 10:05-10:35am  
Wed 9:30-10:00am  
Fri 9:30-10:00am

### Stage B Water Exploration (18 -36 months)

Child is comfortable in the water with parent and learning swim cues from instructor.

Tue 9:30-10:00am  
Wed 10:05-10:35am  
Fri 10:05-10:35am

A	B	1	2	3	4
Water Discovery	Water Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction
Parent/Child	Parent/Child	Preschool or School Age	Preschool or School Age	Preschool or School Age	Preschool or School Age

## 3-5 years (30-min): \$104 ( Monday \$83)

### Stage 1

Children with little to no experience; will not go underwater voluntarily.

Mon 3:00pm  
Tue 11:15am 2:30pm  
Wed 10:40am 2:00pm 3:30pm  
Thu 2:30pm  
Sat 9:15am 11:15am 1:15pm  
Sun 11:15am 12:45pm

### Stage 2

Child who is comfortable in the water. Cannot float on front or back on their own.

Mon 2:30pm 5:30pm  
Tue 10:40am 2:00pm 5:30pm  
Wed 11:15am 2:30pm 4:30pm  
Thu 3:30pm  
Fri 11:15am  
Sat 9:45am 10:45am 1:45pm  
Sun 10:45am 11:45am 2:15pm

### Stage 3

Child who is starting to swim 2-3 paddle strokes. This level will work on swimming 10 yards on their front and back.

Mon 5:00pm  
Tue 3:00pm  
Wed 3:00pm  
Thu 3:00pm 4:00pm  
Fri 10:40am  
Sat 10:15am 11:45am  
Sun 10:15am 12:15pm

### Stage 4

Child can swim 10-15 yards of front crawl and back stroke

Mon 4:30pm  
Sun 1:15pm





# WESTPORT WESTON FAMILY YMCA SWIM LESSONS

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**6-12 years (30 min): \$104 (Monday \$83)**



### Stage 2/3

Students will focus on body position and control, directional change and forward movement. Will learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action.

Tue	3:30-4:00pm	5:00-5:30pm
Thu	5:00-5:30pm	
Sat	12:45-1:15pm	2:15-2:45pm



### Stage 4

Students will develop stroke technique in front crawl and back crawl and learn breaststroke kick and butterfly kick. Water safety is enforced through treading water and elementary backstroke.

Mon	3:30-4:00pm	4:00-4:30pm
Tue	4:00-4:30pm	4:30-5:00pm
Wed	4:00-4:30pm	5:30-6:00pm
Thu	4:30-5:00pm	5:30-6:00pm
Sat	8:15-8:45am	12:15-12:45pm
Sun	9:45-10:15am	1:45-2:15pm



### Stage 5

Students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading and sidestroke.

Mon	4:00-4:30pm	4:30-5:00pm
Tue	4:00-4:30pm	4:30-5:00pm
Wed	4:00-4:30pm	4:30-5:00pm
Thu	4:00-4:30pm	4:30-5:00pm
Sat	8:45-9:15am	
Sun	9:15-9:45am	



**Stage 6**—Students refine stroke technique on all major strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

Mon	5:00-5:30pm	
Tue	5:00-5:30pm	
Wed	5:00-5:30pm	
Thu	5:00-5:30pm	
Sun	8:15-8:45am	8:45-9:15am