LEARN CONFIDENCE

GROUP SWIM LESSONS
WEST SIDE BRANCHES

PARENT CHILD LEVELS A, B, & C
Stage A introduces infants and toddlers to the aquatic environment.

1: WATER ACCLIMATION
Increases comfort with underwater exploration and introduces basic self-rescue skills with assistance.

2: WATER MOVEMENT
Encourages forward movement in water and basic self-rescue skills performed independently.

3: WATER STAMINA
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

4: STROKE INTRODUCTION
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5: STROKE DEVELOPMENT
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6: STROKE MECHANICS
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Register Beginning August 10 for Y-members, August 20 for non-members

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Gamble-Nippert YMCA
3159 Montana Avenue
Cincinnati, Ohio 45211
(513) 661-1105

Parent Child: 6mo. - 3 years
A+B Water Discovery
Sat. 10:00 AM

Preschool: 3 - 5 years
Days Time
Water Acclimation (30 mins)
Wed. 5:00 PM
Thurs. 5:00 PM
Sat. 10:35 AM

Water Movement (30 mins)
Wed. 5:35 PM
Sat. 11:10 AM

Water Stamina (30 mins)
Sat. 11:45 AM

School Age: 5 - 12 years
Days Time
Water Acclimation (30 mins)
Wed. 6:10 PM
Thurs. 5:35 PM
Sat. 10:00 AM

Water Movement (30 mins)
Thurs. 6:10 PM
Sat. 10:35 AM

Water Stamina (30 mins)
Sat. 11:10 AM

Stroke Development (30 mins)
Sat. 11:45 AM

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Clippard Family YMCA
8920 Cheviot Road
Cincinnati, Ohio 45251
(513) 923-4466

Parent Child: 6mo. - 3 years
A Water Discovery
Sat. 9:00 AM
Sat. 9:35 AM
Sat. 10:10 AM
B Water Exploration
Sat. 10:45 AM
Sat. 11:20 AM
A+B Water Launch
Tues. 6:00 PM
Sat. 9:35 AM

Preschool: 3 - 5 years
Days Time
Water Acclimation (30 mins)
Mon. 6:00 PM
Tues. 6:35 PM
Thurs. 6:00 PM
Sat. 9:00 AM
Sat. 10:10 AM

Water Movement (30 mins)
Mon. 6:35 PM
Thurs. 6:35 PM
Sat. 10:45 AM

Water Stamina (30 mins)
Wed. 6:00 PM
Sat. 11:20 AM

School Age: 5 - 12 years
Days Time
Water Acclimation (30 mins)
Mon. 7:10 PM
Tues. 7:10 PM
Thurs. 7:10 PM
Sat. 9:00 AM

Water Movement (30 mins)
Sat. 9:35 AM

Water Stamina (30 mins)
Wed. 6:35 PM
Sat. 10:10 AM

Stroke Development (30 mins)
Wed. 7:10 PM
Sat. 10:45 AM

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Powel Crosley, Jr. YMCA
9601 Winton Road
Cincinnati, Ohio 45231
(513) 521-7112

Parent Child: 6mo. - 3 years
A+B Water Discovery
Sat. 9:00 AM

Preschool: 3 - 5 years
Days Time
Water Acclimation (30 mins)
Tues. 5:30 PM
Wed. 5:30 PM
Thurs. 5:30 PM
Sat. 9:35 AM

Water Movement (30 mins)
Tues. 6:05 PM
Sat. 10:10 AM

Water Stamina (30 mins)
Sat. 10:45 AM

School Age: 5 - 12 years
Days Time
Water Acclimation (30 mins)
Tues. 6:40 PM
Thurs. 6:05 PM
Sat. 9:00 AM

Water Movement (30 mins)
Thurs. 6:40 PM
Sat. 9:35 AM

Water Stamina (30 mins)
Wed. 6:05 PM
Sat. 10:10 AM

Stroke Development (30 mins)
Wed. 6:40 PM
Sat. 10:45 AM