

LEARN CONFIDENCE

GROUP SWIM LESSONS WEST SIDE BRANCHES



Session dates:
August 29 - October 23

8-Week Session:

Y-member: \$50 Regular: \$100



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

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

Parent Child:
6mo. - 3 years

Days

Time
(30 mins)

A+B Water Discovery Sat. 9:00 AM

Preschool:
3 - 5 years

Days

Time

1 Water Acclimation
(30 mins)

Tues.

5:30 PM

Wed.

5:30 PM

Thurs.

5:30 PM

Sat.

9:35 AM

2 Water Movement
(30 mins)

Tues.

6:05 PM

Sat.

10:10 AM

3 Water Stamina
(30 mins)

Sat.

10:45 AM

School Age:
5 - 12 years

Days

Time

1 Water Acclimation
(30 mins)

Tues.

6:40 PM

Thurs.

6:05 PM

Sat.

9:00 AM

2 Water Movement
(30 mins)

Thurs.

6:40 PM

Sat.

9:35 AM

3 Water Stamina
(30 mins)

Wed.

6:05 PM

Sat.

10:10 AM

4+5 Stroke Development
(30 mins)

Wed.

6:40 PM

Sat.

10:45 AM

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

Parent Child:
6mo. - 3 years

Days

Time
(30 mins)

A Water Discovery Sat. 9:00 AM

B Water Exploration Sat. 9:35 AM

C Water Launch Sat. 10:10 AM

A+B Sat. 10:45 AM

C Sat. 11:20 AM

Preschool:
3 - 5 years

Days

Time

1 Water Acclimation
(30 mins)

Mon.

6:00 PM

Tues.

6:35 PM

Thurs.

6:00 PM

Sat.

9:00 AM

Sat.

10:10 AM

2 Water Movement
(30 mins)

Mon.

6:35 PM

Thurs.

6:35 PM

Sat.

10:45 AM

3 Water Stamina
(30 mins)

Wed.

6:00 PM

Sat.

11:20 AM

School Age:
5 - 12 years

Days

Time

1 Water Acclimation
(30 mins)

Mon.

7:10 PM

Tues.

7:10 PM

Thurs.

7:10 PM

Sat.

9:00 AM

2 Water Movement
(30 mins)

Sat.

9:35 AM

3 Water Stamina
(30 mins)

Wed.

6:35 PM

Sat.

10:10 AM

4+5 Stroke Development
(30 mins)

Wed.

7:10 PM

Sat.

10:45 AM

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

Parent Child:
6mo. - 3 years

Days

Time
(30 mins)

A+B Water Discovery Sat. 10:00 AM

Preschool:
3 - 5 years

Days

Time

1 Water Acclimation
(30 mins)

Wed.

5:00 PM

Thurs.

5:00 PM

Sat.

10:35 AM

2 Water Movement
(30 mins)

Wed.

5:35 PM

Sat.

11:10 AM

3 Water Stamina
(30 mins)

Sat.

11:45 AM

School Age:
5 - 12 years

Days

Time

1 Water Acclimation
(30 mins)

Wed.

6:10 PM

Thurs.

5:35 PM

Sat.

10:00 AM

2 Water Movement
(30 mins)

Thurs.

6:10 PM

Sat.

10:35 AM

3 Water Stamina
(30 mins)

Sat.

11:10 AM

4+5 Stroke Development
(30 mins)

Sat.

11:45 AM