



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR NEW SWIM CURRICULUM

YOUTH

PARENT & CHILD

PRESCHOOL

A

Water Discovery



Introduces infants and toddlers to the aquatic environment

B

Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

1

Water Acclimation
(Pike/Polliwog)



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2

Water Movement
(Eel/Guppy)



Encourages forward movement in water and basic self-rescue skills performed independently

3

Water Stamina
(Ray/Guppy)



Develops intermediate self-rescue skills performed at longer distances than in previous stages

4

Stroke Introduction
(Starfish/Minnow)



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through threading water and elementary backstroke

5

Stroke Development
(Fish)



Introduces breaststroke and butterfly and reinforces water safety through threading water and sidestroke

6

Stroke Mechanics
(Shark)



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

SWIM STARTERS
Swim readiness skills

SWIM BASICS
Recommended skills for all to have around water

SWIM STROKES
Skills to support a healthy lifestyle

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STRONG SWIMMERS CONFIDENT KIDS

FALL 1 2017 SWIM LESSONS

8 weeks: September 4–October 29

REGISTER:

August 14–Early Registration

August 21–Open Registration

	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARENT/ CHILD						Water Discovery 9:00AM–9:30AM	Water Discovery 11:00AM–11:30AM
						Water Exploration 10:25AM–10:55AM	Water Exploration 12:25PM–12:55PM
PRESCHOOL (3–5 Years)							
WATER ACCLIMATION (STAGE 1)	4:00PM–4:30PM 5:25PM–5:55PM	4:50PM–5:20PM	4:00PM–4:30PM 5:25PM–5:55PM	4:50PM–5:20PM	4:00PM–4:30PM	9:00AM–9:30AM 10:25AM–10:55AM	11:00AM–11:30AM 12:25PM–12:55PM
WATER MOVEMENT (STAGE 2)	4:00PM–4:30PM 5:25PM–5:55PM	4:50PM–5:20PM	4:00PM–4:30PM 5:25PM–5:55PM	4:50PM–5:20PM	4:00PM–4:30PM	9:00AM–9:30AM 10:25AM–10:55AM	11:00AM–11:30AM 12:25PM–12:55PM
WATER STAMINA (STAGE 3)	4:00PM–4:30PM 5:25PM–5:55PM		4:00PM–4:30PM		4:00PM–4:30PM	9:00AM–9:30AM	11:00AM–11:30AM
STROKE INTRODUCTION (STAGE 4)		4:50PM–5:20PM	5:25PM–5:55PM	4:50PM–5:20PM		10:25AM–10:55AM	12:25PM–12:55PM

YOUTH (6–12 Years)	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER ACCLIMATION (STAGE 1)	4:35PM–5:20PM 6:00PM–6:45PM	4:00PM–4:45PM	4:35PM–5:20PM 6:00PM–6:45PM	4:00PM–4:45PM	4:35PM–5:20PM	9:35AM–10:20AM	11:35AM–12:20PM 1:00PM–1:45PM
WATER MOVEMENT (STAGE 2)	4:35PM–5:20PM		6:00PM–6:45PM	4:00PM–4:45PM	4:35PM–5:20PM	9:35AM–10:20AM	1:00PM–1:45PM
WATER STAMINA (STAGE 3)	6:00PM–6:45PM	4:00PM–4:45PM	4:35PM–5:20PM			11:00AM–11:45AM	11:35AM–12:20PM
STROKE INTRODUCTION (STAGE 4)	4:35PM–5:20PM	4:00PM–4:45PM 5:25PM–6:10PM	4:35PM–5:20PM	4:00PM–4:45PM 5:25PM–6:10PM	4:35PM–5:20PM	9:35AM–10:20AM 11:00AM–11:45AM	11:35AM–12:20PM
STROKE DEVELOPMENT (STAGE 5)		5:25PM–6:10PM		5:25PM–6:10PM		9:35AM–10:20AM 11:00AM–11:45AM	11:35AM–12:20PM
STROKE MECHANICS (STAGE 6)	6:00PM–6:45PM	5:25PM–6:10PM	6:00PM–6:45PM	5:25PM–6:10PM	5:25PM–6:10PM	11:00AM–11:45AM	1:00PM–1:45PM
TEEN/ADULT						11:45AM–12:30PM	

*Monday lessons are prorated to account for Labor Day.

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SWIM LESSON INFORMATION

Parent/Child Lessons

Water Discovery Stage A | 1:10 | 6 Months - 3 Years

Parents accompany children in this class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about water.

Water Exploration Stage B | 1:10 | 6 Months - 3 Years

Parents are guided to work with their child to explore body positions, floating, blowing bubbles, fundamental safety and aquatic skills.

Preschool Swim Lessons

(without parent in water)

Water Acclimation Stage 1 | 1:5 | 3-5 Years

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

Water Movement Stage 2 | 1:6 | 3-5 Years

Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

Water Stamina Stage 3 | 1:6 | 3-5 Years

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

Stroke Introduction Stage 4 | 1:6 | 3-5 Years

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the frontcrawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes, and practice safety techniques in deep water.

Private Swim Lessons

Private Lessons | 1:1 | 3 Years - Adult

YMCA Private Swim Lessons are designed for swimmers who desire weekly one-on-one instruction. All interested parties need to contact the Aquatics Director.

SNAP Lessons | 1:1 | 5 Years - Adult

Special Needs Adaptive Program: designed for swimmers ages 5 through adult with special needs. Recognizing the need for quality adaptive programming for individuals in the Princeton area, SNAP helps individuals gain confidence, promote independence and responsibility, as well as nurture a healthy and active lifestyle. Lessons are lead by qualified, trained individuals who help promote a safe, friendly and supportive environment. SNAP lesson availability is not guaranteed. All registration for SNAP Lessons are done through the Aquatics Director.

Program	Full Facility Member	Program Member
Parent Child/Preschool (30 minutes)	\$98	\$130
Youth/Teen/Adult (45 minutes)	\$110	\$165
Private (30 minutes)	\$256	\$312
Semi-Private (30 min.)	\$384	\$468

Youth Swim Lessons

Water Acclimation Stage 1 | 1:6 | 6-12 Years

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

Water Movement Stage 2 | 1:6 | 6-12 Years

Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

Water Stamina Stage 3 | 1:8 | 6-12 Years

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

Stroke Introduction Stage 4 | 1:8 | 6-12 Years

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the frontcrawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes, and practice safety techniques in deep water.

Stroke Development Stage 5 | 1:8 | 6-12 Years

Students continue to work on their stroke technique and all major competitive strokes are introduced. Swimmers will develop stamina in the frontcrawl and backcrawl strokes, learn the breaststroke and butterfly strokes, and build endurance in their techniques for deep water safety.

Stroke Mechanics Stage 6 | 1:8 | 6-12 Years

Students refine their stroke technique on all major competitive strokes and learn more competitive swimming. Swimmers will develop endurance in the competitive strokes, learn skills related to competitive swimming like racing starts and flip turns, and enhance their techniques and build endurance in deep water.

Pirates Competitive Swim Team

Princeton Pirates Swim Team accepts swimmers age 6-17 years. Please contact pirates@princetonymca.org to schedule a tryout and learn more about the team.

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