



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SWIMMERS START HERE

## WINTER SWIM LESSONS

Jan. 2 - Feb. 24

REGISTRATION BEGINS:  
**Dec. 10**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NO CLASS 12/31	NO CLASS 1/1					
<b>4:00-4:30</b> Preschool STG 1 Preschool STG 2 Preschool STG 3	<b>4:00-4:45</b> Youth STG 1 Youth STG 2 Youth STG 4	<b>4:00-4:30</b> Preschool STG 1 Preschool STG 2 Preschool STG 3	<b>4:00-4:45</b> Youth STG 1 Youth STG 3 Youth STG 4	<b>4:00-4:30</b> Preschool STG 1 Preschool STG 2 Preschool STG 3	<b>9:00-9:30</b> Parent/Child A Preschool STG 1 Preschool STG 2 Preschool STG 3	<b>11:00-11:30</b> Parent/Child A Preschool STG 1 Preschool STG 2 Preschool STG 4
<b>4:35-5:20</b> Youth STG 1 Youth STG 2 Youth STG 4	<b>4:50-5:20</b> Preschool STG 1 Preschool STG 2 Preschool STG 3	<b>4:35-5:20</b> Youth STG 1 Youth STG 3 Youth STG 4	<b>4:50-5:20</b> Preschool STG 1 Preschool STG 2 Preschool STG 4	<b>4:35-5:20</b> Youth STG 1 Youth STG 3 Youth STG 5	<b>9:35-10:20</b> Youth STG 1 Youth STG 2 Youth STG 3 Youth STG 4	<b>11:35-12:20</b> Youth STG 1 Youth STG 3 Youth STG 4 Youth STG 5
<b>5:25-5:55</b> Preschool STG 1 Preschool STG 2 Preschool STG 4	<b>5:25-6:10</b> Youth STG 3 Youth STG 5 Youth STG 6	<b>5:25-5:55</b> Preschool STG 2 Preschool STG 3 Preschool STG 4	<b>5:25-6:10</b> Youth STG 2 Youth STG 5 Youth STG 6	<b>5:25-6:10</b> Youth STG 2 Youth STG 6	<b>10:25-10:55</b> Parent/Child B Preschool STG 1 Preschool STG 2 Preschool STG 4	<b>12:25-12:55</b> Parent/Child B Preschool STG 1 Preschool STG 2 Preschool STG 3
<b>6:00-6:45</b> Youth STG 3 Youth STG 5		<b>6:00-6:45</b> Youth STG 2 Youth STG 5			<b>11:00-11:45</b> Youth STG 2 Youth STG 4 Youth STG 5 Youth STG 6	<b>1:00-1:45</b> Youth STG 1 Youth STG 2 Youth STG 6
					<b>11:45-12:30</b> Teen/Adult	

### SWIM LESSON FEES

	PARENT/CHILD and PRESCHOOL		YOUTH and TEEN/ADULT	
	FULL FACILITY MEMBER	PROGRAM MEMBER	FULL FACILITY MEMBER	PROGRAM MEMBER
MONDAY-TUESDAY	\$88	\$118	\$105	\$158
WEDNESDAY-SUNDAY	\$100	\$135	\$120	\$180

### HOW TO REGISTER:

Online registration is available!  
You may also stop by our front desk to sign up for lessons.  
**Please contact Tonoya Sheth with questions or concerns at: [tsheth@princetonymca.org](mailto:tsheth@princetonymca.org)**



# SWIM LESSON INFORMATION

## PARENT/CHILD LESSONS

**30 Minute Classes**  
**6 months – 3 years**

### Stage A: Water Discovery | 1:10

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.

### Stage B: Water Exploration | 1:10

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

## PRESCHOOL LESSONS

**30 Minute Classes**  
**3–5 years**

### Preschool Stage 1: Water Acclimation | 1:5

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.

### Preschool Stage 2: Water Movement | 1:5

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. Children are also taught to safely jump in the water independently.

### Preschool Stage 3: Water Stamina | 1:6

Children focus on swimming longer distances and are introduced to rotary breathing with 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. The basics of diving are also introduced at this stage.

### Preschool Stage 4: Stroke Introduction | 1:6

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop endurance in freestyle and backstroke, are introduced to components of the breaststroke, and practice safety techniques in deep water. Diving techniques are fine-tuned as children prepare to move into Youth lessons.

## YOUTH LESSONS

**45 Minute Classes**  
**6–12 years**

### Youth Stage 1: Water Acclimation | 1:6

Children 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 by introducing skills that focus on the basics of swimming.

### Youth Stage 2: Water Movement | 1:6

Children focus on swimming longer distances and are introduced to rotary breathing with integrated arm and leg action. Sitting and kneeling dives are introduced in this stage. In the event they fall into a body of water, this stage reinforces how to safely exit the body of water.

### Youth Stage 3: Water Stamina | 1:8

Swimmers focus on swimming laps while developing strokes with proper technique and personal water safety. Specifically, children develop the freestyle and backstroke, are introduced to components of the breaststroke and diving, and practice safety techniques in deep water.

### Youth Stage 4: Stroke Introduction | 1:8

Students continue to work on their stroke technique and all major competitive strokes are introduced. Swimmers will develop stamina in freestyle, backstroke and breaststroke, learn the basics of butterfly, and build endurance in their techniques for deep water safety. Children will also be introduced to racing dives and starting positions.

### Youth Stage 5: Stroke Development | 1:8

Swimmers will focus heavily on endurance in freestyle, backstroke and breaststroke while developing proper techniques in butterfly. Flip turns will be introduced and swimmers will participate in drills targeted towards improving various aspects of each stroke. Racing dives and deep water safety skills will be perfected and reinforced.

### Youth Stage 6: Stroke Mechanics | 1:10

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 and enhance their techniques and build endurance in deep water in order to prepare for competitive swimming.

### MAKE-UP/CREDIT/REFUND POLICY

- Make-up lessons may only be scheduled if a doctor's note is provided. Contact the Aquatics Director for further details.
- Program fees are non-refundable after the first day of the program session, which may not be the first day of your child's lesson.
- System credit will only be given for unforeseen pool closures due to sanitary reasons as outlined in the New Jersey Bathing Code.
- **NO credits or refunds will be issued for weather related closings or personal reasons.**