



GOGGLE UP Swim Lessons

AMERICA'S MOST TRUSTED
SWIM LESSON INSTRUCTOR

The Y has been teaching
kids to swim for more than

100 years.



**SAVE ON
SWIM LESSONS**

YMCA Facility Members receive significant
cost-savings on YMCA programs, including swim
lessons. Ask us about becoming a member today.

GREATER JOLIET AREA YMCA
(815) SAY-YMCA | www.jolietymca.org



AMERICA'S MOST TRUSTED SWIM INSTRUCTOR



WE'RE HERE FOR YOU

With a wide range of swimming lesson options for the entire family.

Swim Starters Aquatic Program

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

STAGES

A: Water Discovery

Introduces infants and toddlers to the aquatic environment.

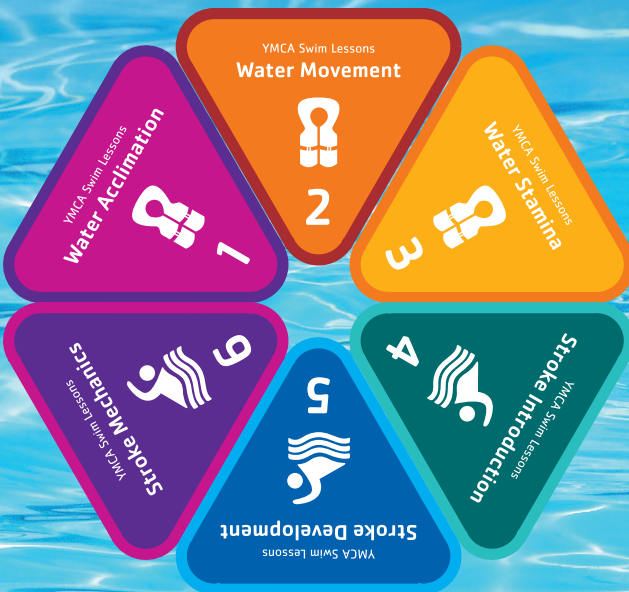
B: Water Exploration

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



LESSONS THAT LAST A LIFETIME

The YMCA's Swim Lesson Curriculum is based on a continuum that focuses on a skill-based progression that builds confidence and supports skill development for swimmers of all ages. Created by the YMCA of the USA and tested extensively by Y's across the nation, this curriculum accommodates varying abilities to help foster a sense of achievement as swimmers progress between clearly defined stages. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This approach results in more confident swimmers and a newfound admiration for swimming that can last a lifetime.



GOGGLE UP

To assist you in choosing the correct swim lesson level for your child, simply scan the QR code or visit the following link:



SWIM LESSON SELECTOR

<https://www.jolietymca.org/programs/swim-lesson-selector/>

OUR SWIM INSTRUCTORS

At the YMCA, our caring and professional role models are committed to helping you and your family feel safe in and around the water. All YMCA swim instructors have been trained or certified in the following:

- CPR
- AED
- First Aid
- Bloodborne Pathogens
- Prevention/Recognition of Child Abuse
- Sexual Harassment Prevention



As America's most trusted swim instructor, the Y is the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming—teaching more than one million kids a year swimming and water safety skills.

Family and convenient class times, you'll be sure to find something that meets your family's needs and busy schedule.

Swim Basics Aquatic Program

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **swim, float, swim**—sequencing front glide, roll, back float, roll, front glide, and exit—and **jump, push, turn, grab**.

Swimmers of all ages are taught safe water habits, enjoy underwater exploration, and learn how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

STAGES

1: Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed 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.

Swim Strokes Aquatic Program

Having mastered the fundamentals, swimmers in these stages learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STAGES

4: Stroke Introduction Introduces basic stroke technique in front 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.

STAGES

7. Swim Lesson Graduate Tracks *Pre-Conditioning: Focuses on building endurance and refining stroke technique to enhance overall swimming performance.

*Conditioning: Aimed at improving endurance and stroke mechanics while preparing participants for swim team readiness.

Junior Lifeguarding (ages 11-14)

Offers a hands-on introduction to lifeguarding, where participants learn about lifesaving skills such as first aid and CPR (certification not included). Through real-life scenario practice, team-building activities, and opportunities to assist with swim lessons, participants gain valuable leadership experience and practical knowledge in water safety.



Teen and Adult Aquatic Program

Teen/Adult Swim Basic (ages 13 and up) encourages participants to feel comfortable and confident in the water while achieving basic swimming competency.

Teen/Adult Strokes (ages 13 and up) is designed to help participants build comfort and confidence in the water while developing fundamental swimming skills.



NUTURING SKILLS BUILDING CONFIDENCE

For more than 100 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Visit one of our YMCA locations today:

C.W. AVERY FAMILY YMCA

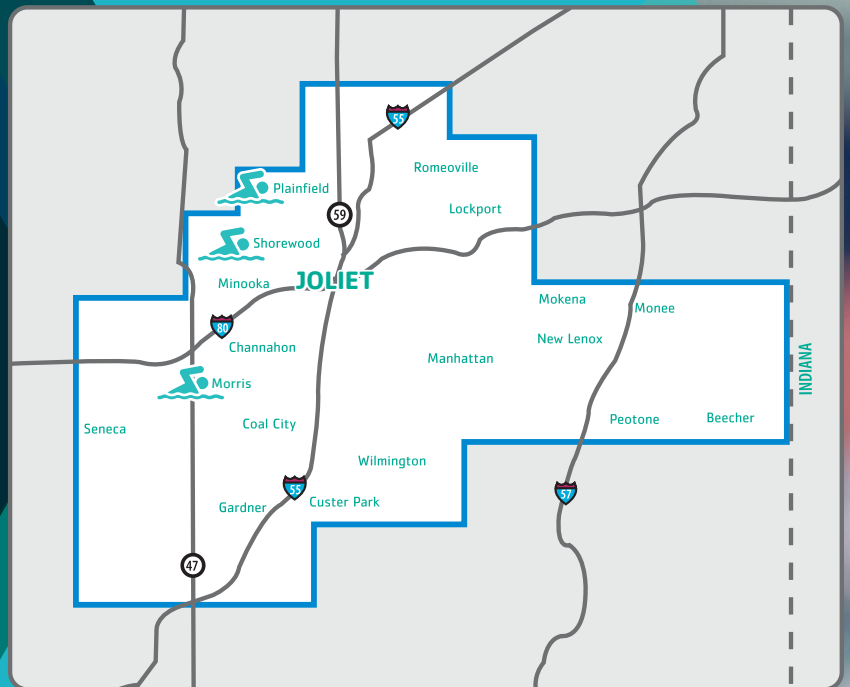
15120 Wallin Drive | Plainfield, IL 60544
(815) 267-8600

MORRIS HOSPITAL YMCA

2200 W. Dupont Avenue | Morris, IL 60450
(815) 513-8080

VILLAGE OF SHOREWOOD YMCA

1801 W. Jefferson Street | Shorewood, IL 60404
(815) 763-5900



EVERYONE IS WELCOME AT THE Y

At the Y, we believe everyone should have access to our programs, regardless of their financial circumstances. In alignment with our mission, the Greater Joliet Area YMCA offers financial assistance for those who qualify. To learn more about the Y's Financial Assistance Program, please visit www.jolietymca.org or stop by your local branch.

