



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS



Cloverdale Group Swim Lessons

Sonoma County Family YMCA

INFANT/TODDLER	SAT	T/TH
STAGE A & B	1:00pm 1:30pm	5:00pm

PRESCHOOL AGES 3-5		
CLASS	T/TH	SAT
1P	5:00pm 5:30pm	1:00pm 1:30pm
2p	5:30pm 5:30pm	1:00pm
3P		1:30pm
3P/4P	5:00pm	

Youth 6-12		
CLASS	T/TH	SAT
1Y	5:00pm	1:30pm
2Y	5:30pm	1:00pm
3Y		
4Y		

TEEN & ADULT 12+		
	TUE & THU	SAT
SWIM BASICS	-	-
STROKES	-	-

Swim lesson Pricing

	1x/week JUNE	2x/week JUNE	1x/week JULY	2x/week JULY
Facility Member	\$16	\$32	\$33	\$66
Program Member	\$19	\$38	\$38	\$76
Non-Member	\$21	\$42	\$43	\$86



Registration opens

June 7th, 2024

(online & in-person in Santa Rosa)

June Session: 6/18-6/29

July Session: 7/9-8/3

Not sure what level your child is?

Check out our website for info

www.scfymca.org

STAGE DESCRIPTIONS



SWIM STARTERS

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.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



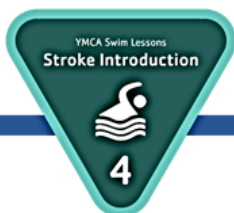
3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM BASICS

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
- Jump, push, turn, grab



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM STROKES

Having mastered the fundamentals, students 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.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.