


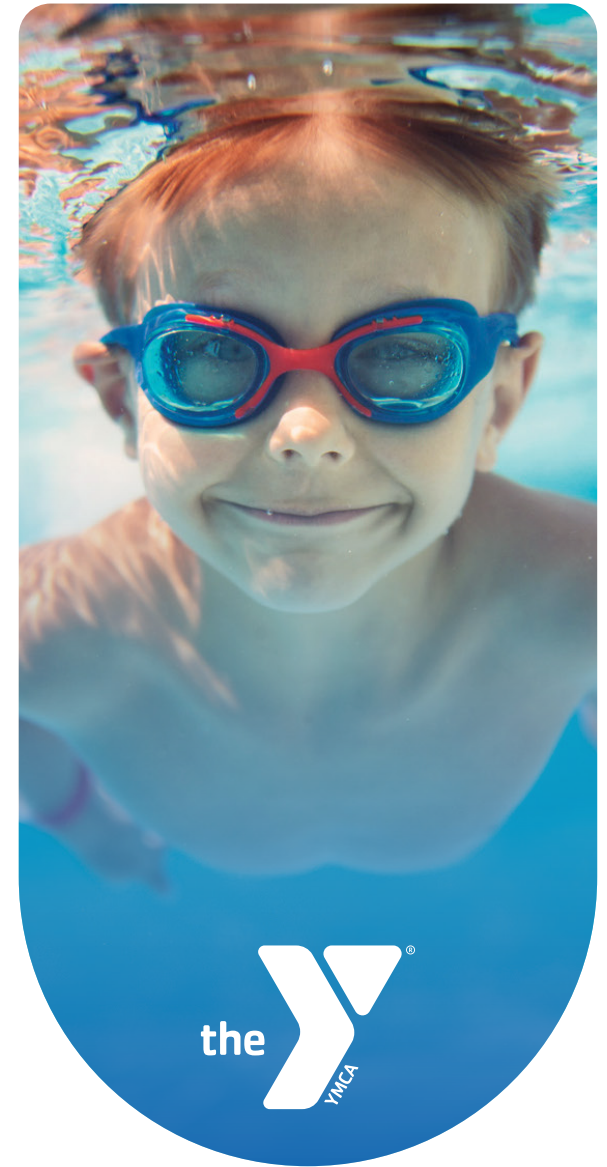


READY TO DIVE IN?

REGISTER NOW!

the  **YMCA**

YMCA of Long Island
 Bay Shore • East Hampton • Glen Cove
 Huntington • Patchogue



MORE THAN SWIM LESSONS!

Skills for life.

For Swim Lessons Register Online:

ymcali.org/programs

GIVE YOUR CHILD A LIFELONG SKILL!

At the YMCA, swim lessons are about more than strokes — they're about building confidence, teaching water safety, and creating moments your family will never forget. Our certified instructors meet your child at their level and help them grow in a nurturing, encouraging environment.

We Offer:

- Age-appropriate classes for infants through teens
- Day, evening and weekend swim classes offered all year long
- Emphasis on water safety & skill progression
- Swim lessons conducted by Y certified swim instructors
- Financial assistance available

Whether your child is just getting comfortable in the water or ready to refine their technique, the Y is here to help them thrive!



PROGRAM OVERVIEW

SWIM STARTERS

Parent* & child lessons

A
Water
Discovery



STARFISH

Introduces infants and toddlers to the aquatic environment

B
Water
Exploration



GUPPY

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

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

1
Water
Acclimation



AXOLOTL

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

2
Water
Movement



MINNOW

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


3
Water
Stamina



STINGRAY

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

4
Stroke
Introduction



SEA TURTLE

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

5
Stroke
Development



DOLPHIN

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

6
Stroke
Mechanics



SHARK

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

Outcomes

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.

Outcomes

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.

Outcomes

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.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

*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.

