



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST ADD WATER

Fall Swim Lessons at Maple Hill Family YMCA

YMCA lessons use a learn to swim progression from water orientation to stroke development that meets the needs of swimmers at all levels. Participants learn water safety skills and stroke development in a fun and supportive environment that emphasizes character development and physical fitness.

Registration

Registration starts July 18th.

Fees

Monday/Wednesday classes: \$70 for members; \$85 for non-members (10 classes)

Saturday classes: \$45 for members; \$60 for non-members. (5 classes)

Class Times

Evening Sessions

5:00-5:30pm

5:35-6:05pm

6:10-6:40pm

Saturday Morning

9:30-10:00am

10:40-11:10am

11:15-11:45am

10:05-10:35am

Morning Classes (Saturdays)

September 24th-October 22nd

Level 1: 10:05am, 10:40am

Level 2: 9:30am, 10:05am, 10:40am

Level 3: 9:30am, 10:40am

Level 4: 9:30am, 10:05am, 10:40am

Level 5: 9:30am, 10:05am

Level 6: 11:15am

Level 7: 11:15am

Parent & Me: 11:15am

Evening Classes (Monday/Wednesday)

September 19th-October 19th

Level 1: 5:00pm, 5:35pm, 6:10pm

Level 2: 5:00pm, 6:10pm

Level 3: 5:35pm, 6:10pm

Level 4: 5:35pm, 6:10pm

Level 5: 5:35pm

Level 6: 5:00pm

Level 7: 5:00pm



MAPLE HILL FAMILY YMCA

1673 Maple Hill Road, Diamond Bar, CA 91765
Phone: (909) 861-3424 | Fax (909) 861-0454
pomonaYMCA.org/maplehill

SWIM LESSON LEVEL DESCRIPTIONS

Level 1: (3-5 year olds) For children who cannot swim by themselves, who have never had lessons before or who are fearful of the water. Main Skills Taught: bubble blowing, supported front and back glide, kicking movements and introduction to arm movements. 1-5 student to teacher ratio

Level 2: (3-5 year olds) Main Skills Taught: Unsupported front and back floating, front and back gliding, paddle stroke and bobbing with a full introduction to over-arm front crawl, kicking on back and back crawl.

Level 3: (6-14 year olds) Main Skills Taught: Children who are fearful of the water, or who have not had any swimming lessons. Bubble blowing and going underwater, front and back float, kicking movements and introduction to beginner stroke. 1-5 student to teacher ratio.

Level 4: (6-14 year olds) Main Skills Taught: Over-arm front crawl and back crawl for 10 yards. Jumping into deep water and swimming to other side of pool.

Level 5: (6-14 year olds) Main Skills Taught: Side breathing for front crawl. Review and refinement for front and back crawl for 25 yards, introduction to elementary backstroke, introduction to kneeling dive.

Level 6: (6-14 year olds) Main Skills Taught: Breast stroke, side stroke, butterfly kick, standing dive, treading water, continued refinement of all strokes to 50 yards.

Level 7: (6-14 year olds) Main Skills Taught: Refinement of all strokes, butterfly stroke, shallow dives and flip turns, endurance swimming 100 yards most strokes, treading water 2 minutes, ending with a 300 yard swim.