



# STRONG SWIMMERS START HERE

## WINTER 2023 SWIM LESSONS

Swim lessons help build confidence and teach life-saving skills. Join the movement to build strong, confident swimmers!

### Mon./Wed. sessions

Jan. 9 - Feb. 1

Feb. 6 - March 1

March 6- 29

Registration opens 2 weeks before session starts

### Saturday sessions

Jan. 7- 28

Feb. 4-25

March 4-25

### Cost per session

Mon./Wed. Members \$54 Community \$74

Sat. Members \$27 Community \$37

### Ages

Parent/Child

6mo. - 3 yrs.

Preschool

3-5 yrs.

School Age

6-12 yrs.

Teen/Adult

13+

### Questions?

Aquatics Director; Alexa Markham

[alexa@jacksonymca.org](mailto:alexa@jacksonymca.org)

Aquatics Coordinator; Trevor VanBuren

[trevor@jacksonymca.org](mailto:trevor@jacksonymca.org)

Register at [JacksonYMCA.org](http://JacksonYMCA.org)

127 W. Wesley St. 517.782.0537

## LESSON LEVELS AND TIMES

### Parent/Child (6 mo.-3 yrs) and Preschool (3 -5yrs.)

M/W 5-5:30pm Parent/Child

M/W 5:30-6pm Preschool/Level 1

M/W 6-6:30pm Preschool/Level 2

M/W 6:30-7pm Preschool/Level 3

Sat. 9:30-10am Parent/Child

Sat. 10-10:30am Preschool/Level 1

Sat. 10:30-11am Preschool/Level 2

Sat. 11-11:30am Preschool/Level 3

### School Age (6-12 yrs.) and Teen/Adult (13+ yrs.)

M/W 5-5:30pm School Age/Level 1

School Age/Level 2

M/W 5:30-6pm School Age/Level 3

School Age/ Level 4

M/W 6-6:30pm School Age/ Level 5

School Age/ Level 6

M/W 6:30-7pm Teen/Adult

Sat. 10-10:30am School Age/Level 1

School Age/Level 2

Sat. 10:30-11am School Age/Level 3

School Age/ Level 4

Sat. 11-11:30am School Age/ Level 5

School Age/ Level 6

Sat. 11:30am - 12pm Teen/Adult

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER  
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER  
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER  
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE  
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE  
MECHANICS

Having trouble deciding which lesson is for you? Contact Alexa Markham at [alexa@jacksonymca.org](mailto:alexa@jacksonymca.org).