

COMING SPRING 2018

Southeastern Indiana YMCA

SWIM LESSON UPGRADE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Y Families,

The YMCA has a long history of teaching swim lessons. In fact, the Y is credited for being the first to develop a group swim instructor program in 1906.

We have come a long way since that first group lesson, and we're excited to present the latest upgrades to you. Our new swim curriculum is based on extensive research, and we look forward to seeing swimmers advance more quickly through the stages.

The fun fish names we previously use to identify the different levels have been replaced with names that more closely relate to the skills we will be working on in each stage. In stage 1-3, our swim instructors facilitate activities that focus on building confidence in the water, instilling good water safety habits and personal growth. In stages 4-6, instructors help swimmers build confidence in deep water as well as work on stroke techniques. And swim stages A and B give our youngest friends, infants and toddlers, and opportunity to get comfortable in the water with a parent or guardian.

This exciting new curriculum helps each participant experience a sense of accomplishment after each lesson and build relationships with other swimmer in their class.

We hope you enjoy these latest swim lesson upgrades. If you have any questions, please let us know. Thank you for participating in our aquatics program.

Kristen Fletcher
Aquatics Director