



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HOW THE Y HELPS KEEP KIDS SAFE IN & AROUND WATER

# 2

Children die  
everyday  
because of  
drowning<sup>1</sup>



## Three Programs, Three Goals: Stay Safe, Be Confident, Have Fun

### Safety Around the Water

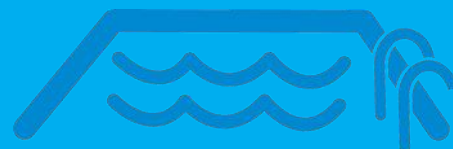
This program teaches children of all ages and from all backgrounds that **water should be fun, not feared as long as you know how to stay safe in and around the water.** In Safety Around the Water, kids learn what to do if they find themselves in the water unexpectedly.

**Children learn fundamental water safety skills that include how to look for a safe place to swim and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue to swim to safety.**

### Y Swim Lessons

As “America’s Swim Instructor,” the Y is the most accessible community resource to prevent drowning and encourage lifelong enjoyment of swimming. **Each year, the YMCA of the Blue Water Area teaches more than 3,500 children how to swim.**

The latest evolution of Y Swim Lessons accommodates students of varying abilities to help foster a sense of achievement as swimmers progress between stages.



### Competitive Swimming

Through appropriate instruction, training, and guidance the Y is dedicated to **delivering a program full of happy, healthy, accomplished swimmers.**

The objectives of our competitive swimming program are to teach and refine the four competitive strokes, to provide a variety of opportunities to train, compete and socialize under the guidance of a qualified, caring, professional coaching staff and supportive parents, and to show that **we value good sportsmanship and a healthy winning attitude above all.**

For more information, contact Calvin Bassil, Youth & Family Program Director, at ext. 121 or [cbassil@bluewaterymca.com](mailto:cbassil@bluewaterymca.com).

**Source:** 1. USA Swimming Foundation and the University of Memphis

# MAKE A SPLASH

## SWIM LESSONS AT THE Y

As America's Favorite Swim Instructor and leader in water safety, our swim lesson program is designed to teach personal water safety, stroke development, water sports & games, rescue and personal growth skills. Using both instruction and play, kids build their skills as they are ready, ensuring that they succeed often, build confidence and have fun. The program is broken down by developmental stages, and swim skill level within three age categories: Parent and Child (6 months - 36 months), Preschool (3 - 5 years) and Youth (6 - 12 years).

### SWIM EVALUATIONS

Deciding which swim class to enroll your child or yourself in is fun and easy. Swim evaluations are offered on Monday, Tuesday and Wednesday prior to the beginning of a session.

---

### SWIM STARTERS - PARENT & CHILD

#### Ages 6 months - 36 months

Led by an instructor, get in the pool with your child and learn lifesaving information. Build memories through games that teach your child pre-swim skills while achieving comfort in the water. Infants and toddlers will 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 – S.K.I.P. Beginner

Accompany your child while they gain comfort in the water and develop essential swim readiness skills through a fun, confidence building process.

- 30 minutes
- Waterproof diaper required for those not potty trained

#### B. Water Exploration – S.K.I.P. Advanced

Work in the pool with your child on basic swim body positions, floating, blowing bubbles and fundamental safety and swim skills.

- 30 minutes
- Waterproof diaper required for those not potty trained

### SWIM BASICS

#### Ages 3 - 5 years & 6+ years

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, exit and Jump, push, turn, grab. Goggles are recommended.

#### Preschool 1 & Youth 1: Water Acclimation

Pike/Polliwog Equivalent

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

#### Preschool 2 & Youth 2: Water Movement

Eel/Guppy Equivalent

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.

#### Preschool 3 & Youth 3: Water Stamina

Ray/Minnow Equivalent

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.

# MAKE A SPLASH

## SWIM LESSONS AT THE Y

### SWIM STROKES

**Ages 3 - 5 years & 6+ years**

Build upon water safety skills and refine stroke technique for a lifetime of water fun! Goggles are recommended.

#### Preschool 4 & Youth 4: Stroke Introduction

Starfish/Fish Equivalent

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.

#### Youth 6: Stroke Mechanics

Shark Equivalent

Refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### Youth 5: Stroke Development

Flying Fish Equivalent

Work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and side stroke.



|              | Water Discovery    | Water Exploration | Water Acclimation | Water Movement | Water Stamina | Stroke Introduction |
|--------------|--------------------|-------------------|-------------------|----------------|---------------|---------------------|
| Age          | 6 Months - 2 Years | 2 - 3 Years       | 3 - 5 Years       | 3 - 5 Years    | 3 - 5 Years   | 3 - 5 Years         |
| Cost         | \$30/\$55          | \$30/\$55         | \$30/\$55         | \$30/\$55      | \$30/\$55     | \$30/\$55           |
| Class Length | 30 mins            | 30 mins           | 30 mins           | 30 mins        | 30 mins       | 30 mins             |
| Tuesday      | 4:45 PM            |                   | 4:45 PM           | 4:45 PM        |               |                     |
| Thursday     | 4:30 PM            | 5:15 PM           | 4:30 PM           | 4:30 PM        | 5:15 PM       | 5:15 PM             |
| Saturday     | 9:00 AM            | 9:45 AM           | 9:00 AM           | 9:45 AM        | 10:30 AM      | 9:00 AM             |
|              | 10:30 AM           |                   | 9:45 AM           | 10:30 AM       |               |                     |

|              | Water Acclimation | Water Movement | Water Stamina | Stroke Introduction | Stroke Development | Stroke Mechanics |
|--------------|-------------------|----------------|---------------|---------------------|--------------------|------------------|
| Age          | 6 + Years         | 6 + Years      | 6 + Years     | 6 + Years           | 6 + Years          | 6 + Years        |
| Cost         | \$35/\$65         | \$35/\$65      | \$35/\$65     | \$35/\$65           | \$35/\$65          | \$35/\$65        |
| Class Length | 45 mins           | 45 mins        | 45 mins       | 45 mins             | 45 mins            | 45 mins          |
| Tuesday      | 4:45 PM           | 4:45 PM        |               |                     |                    |                  |
| Thursday     | 4:30 PM           | 4:30 PM        | 4:30 PM       | 5:30 PM             | 5:30 PM            | 5:30 PM          |
| Saturday     | 9:00 AM           | 9:00 AM        | 9:00 AM       | 10:00 AM            | 10:00 AM           | 10:00 AM         |



Find out which swim lesson is best for your child through our swim finder at <https://tinyurl.com/BWY-Swim-Lessons>

# MAKE A SPLASH

## Programs and Events

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

Swim instruction for all ages catered to your individual needs. Choose a package of four 30-minute swim lessons or take just a single lesson. Semi-private fee includes 2 participants.

|                        | 4 Pack | Single Lesson |
|------------------------|--------|---------------|
| Member Private         | \$40   | \$15          |
| Member Semi-Private    | \$60   | \$25          |
| Community Private      | \$80   | \$25          |
| Community Semi-Private | \$120  | \$40          |

### SAFETY AROUND WATER

#### 71% of the World is Water

#### Children are 100% Curious

Teaching children how to be safe around water is not a luxury, it's a necessity in the Blue Water Area. Safety Around Water can help your children learn essential water safety skills while building their confidence and opening up a world of possibilities to safely satisfy their curiosity. The class is 4 weeks long.

|              |                  |
|--------------|------------------|
| Time:        | 6:30 - 7:30 PM   |
| Age:         | 5 - 15 years old |
| Program Fee: | FREE             |

## COMPETITIVE SWIMMING

### PORPOISE CLUB

Develop skills with this introduction to competitive swimming. Swimmers will get the experience of being part of a team and practices without the full commitment of a competitive swimming. This program will improve swimming through stroke refinement, start/turn technique, and endurance. Participants must be able to swim 50 yards without stopping. **Goggles required.**

|                |                  |
|----------------|------------------|
| Tuesday        | 4:30 - 5:30 PM   |
| Age:           | 6 - 18 years old |
| Member Fee:    | \$65             |
| Community Fee: | \$125            |

Thursday 5:30 - 6:30 PM

### PORPOISE CLUB PLUS

Porpoise club members can add land training to enhance stroke development and build endurance. Swimmers will have fun warming up with different activities and then train in basic fitness skills including cardiovascular, flexibility and body resistance exercises.

|                |                  |
|----------------|------------------|
| Tuesday        | 5:45 - 6:30 PM   |
| Age:           | 6 - 18 years old |
| Member Fee:    | FREE             |
| Community Fee: | \$20             |

### BLUE WATER OTTERS SWIM TEAM

The goal of the Blue Water Otters Swim Team is to teach competitive swimming techniques and Y core values, to develop self-esteem, to meet new friends and have fun. The swim team is open to ages 6 to 18 that can meet Level 6 (Stroke Mechanics) of the Y-USA swim curriculum. Swimmers participate in YMCA and USA Swim Meets.

**Participants must be Y members.**

|             |                  |          |                |
|-------------|------------------|----------|----------------|
| Monday      | 6:00 - 7:00 PM   | Tuesday  | 6:30 - 7:30 PM |
| Wednesday   | 6:00 - 7:00 PM   | Thursday | 6:30 - 7:30 PM |
| Age:        | 6 - 18 years old |          |                |
| Member Fee: | \$300            |          |                |

### FACILITY HOURS

Monday-Friday 5:00 AM - 9:00 PM  
Recreation Pool closes at 8:00 PM  
Competition Pool closes at 8:30 PM

Saturday 7:00 AM - 8:00 PM  
Both Pools close at 7:30 PM

Sunday 10:00 AM - 5:00 PM  
Both Pools close at 4:30 PM

### ELECTRONIC CHECK-IN, SCHEDULES, ONLINE REGISTRATION - THERE'S AN APP FOR THAT!

Download the app through the Apple Store or Google Play Store by searching "YMCA of the Blue Water Area." It's free and it gives you the most up-to-date information about what is happening at the Y!



### YMCA OF THE BLUE WATER AREA

1525 3rd Street, Port Huron, MI 48060  
(810) 987-6400 Fax: (810) 987-7251  
[www.bluewaterymca.com](http://www.bluewaterymca.com)