

MIDLAKES SUMMER SWIM PROGRAM 2022



SESSION 1 (\$60): JUNE 27TH - JULY 8TH (NO SESSION JULY 4TH)

SESSION 2 (\$30): JULY 25TH - JULY 29TH

WATER BABY

A GREAT INTRODUCTION FOR CHILDREN 6 MONTHS TO 3 YEARS TO THE POOL ENVIRONMENT. THIS CLASS REQUIRES A PARENT TO PARTICIPATE IN THE WATER ACTIVITIES WITH THE CHILD AND INCLUDES INTRODUCTORY SWIMMING SKILLS AND SAFETY.

9-9:30 AM

LEVEL 1

DESIGNED FOR CHILDREN AGES 3-5 AND IS DEPENDENT ON THE CHILD'S WATER EXPERIENCE. THIS GROUP SITUATION WILL ENCOMPASS ONE INSTRUCTOR PER 3 OR 4 CHILDREN AND WILL FOCUS ON INTRODUCTORY WATER SKILLS AND SAFETY. OUR GOAL IS TO ACCLIMATE A CHILD INTO THE WATER ENVIRONMENT.

9-9:30 AM

LEVEL 2

INTRODUCTION OF PRIMARY SKILLS TO CHILDREN 6 YEARS OF AGE OR OLDER. THIS LEVEL STRESSES BASIC SWIMMING SKILLS, BACK AND FRONT FLOATS, ARM AND LEG MOTION, COORDINATION, RHYTHMIC BREATHING, AND WATER SAFETY.

9:30-10:30 AM

LEVEL 3

FOCUS ON DEVELOPING SWIMMING TECHNIQUE WITH STROKE DEVELOPMENT, BEGINNER DIVING, UNDERWATER SWIMMING, ELEMENTARY BACKSTROKE, FRONT AND BACK CRAWL, TREADING WATER, BUTTERFLY STROKE, KICK, AND BODY MOTION.

9:30-10:30 AM

LEVEL 4

THIS STROKE PROGRESSION CLASS IS DESIGNED AROUND THOSE WHO ENJOY BEING IN THE DEEP END WHILE WORKING ON SWIMMING SKILLS./STROKE DEVELOPMENT, ADVANCEMENT OF SKILL DIVING, AND SAFETY SKILLS.

9:30-10:30 AM

IMPORTANT INFORMATION:

- DATES AND TIMES SUBJECT TO CHANGE OR CANCELLATION.
- ALL CLASS SIZES ARE DECIDED AT THE DISCRETION OF THE AQUATICS DIRECTOR.
- REGISTRATIONS ARE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS.
- PARENTS ARE WELCOME TO JOIN US ON THE FIRST AND LAST DAY OF CLASSES **ONLY**.
- PLEASE DIRECT ANY QUESTIONS OR CONCERNS TO (315)548-6451.

ALL REGISTRATIONS SHOULD BE MADE VIA EMAIL INCLUDING THE FOLLOWING INFORMATION:

- CHILD NAME
- CHILD AGE
- SESSION
- LESSON LEVEL
- PARENT NAMES
- SPECIAL CONSIDERATIONS

**REGISTRATIONS DUE
JUNE 17TH**

YMCA SWIM CLUB
INFORMATION:
CONTACT TODD FREELOVE AT
315-462-6184 OR
TODD@CSAYMCA.ORG

Ongoing Summer Programs through July 29th, 2022

Water Aerobics: M, W, F - 7:30 am to 8:30 am

Open Swim: Wednesday & Friday 6-8 pm

Lap Swim: M,W,F 6-7:30 am, W,F 6-8 pm, M-F 12-1 pm

- Registrations should be emailed to: jhauber@midlakes.org
- Payment of cash or check must be made at first class only