



# BURBANK COMMUNITY YMCA

## Swim Lessons July – September 2023

### Session Dates

(JUL: 07/03– 07/29) (AUG: 08/07– 09/02)

(SEPT: 09/05– 09/30)

Swim lesson **schedule subject to change**, please see website registration link for more information.

### Group Swim Lessons

Class	Days	Time	Saturday
<b>Parent &amp; Me</b> (6mo–3yrs)			9:00am–9:30am 9:30am–10:00am
<b>Level 1</b> (3yrs–5yrs)	<b>Mon/Wed</b> <b>Tues/Thurs</b>	4:15pm–5:00pm 3:30 pm–415 pm	11:30am–12:15pm
<b>Level 2</b> (3yrs–5yrs)	<b>Mon/Wed</b>	5:00pm–5:45pm	10:00am–10:45am 10:45am–11:30am
<b>Level 3</b> (5yrs–12yrs)	<b>Mon/Wed</b> <b>Tues/Thurs</b>	3:30pm–4:15pm 4:15pm–5:00pm 4:15pm–5:00pm 5:00pm–5:45pm	9:00am–9:45am 10:00am–10:45am 10:45am–11:30am
<b>Level 4</b> (5yrs–14yrs)	<b>Mon/Wed</b>	5:00pm–5:45pm	11:30am–12:15pm
<b>Level 5</b> (6yrs–14yrs)	<b>Mon/Wed</b>	5:00pm–5:45pm	
<b>Level 6</b> (6yrs–14yrs)	<b>Tues/Thurs</b>	5:00pm–5:45pm	

### Private Swim Lessons

Private swim lessons are 1x per week for 30 minutes. Can also be Semi-Private Lessons.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm–7:00pm	3:30pm–7:00pm	6:00pm–7:30pm	6:00pm–7:00pm	4:30pm–7:00pm	10:00am–12:00pm

### SWIM TEAM

Must pass Level 6 upon instructor's approval.

Please email [sfrancisco@burbankymca.org](mailto:sfrancisco@burbankymca.org) for more information.

# Swim Lesson Level Descriptions

## Parent & Me:

**Ages:** 6 months-3years with an adult in the water

**Ratio:** 6:1

Parents will work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

## Level 1

**Ages:** 3-5 years

**Ratio:** 5:1

Students will develop comfort with under water exploration and learn to safely enter and exit the pool. Students will also focus on body position and control, directional change, and forward movement in the water. Submerge under water and bob with assistance.

## Level 2

**Ages:** 3-5 years

**Ratio:** 5:1

Students will continue to focus on body position and control. Submerge under water comfortably and reach for object independently. Introduction to kicks on kickboard.

## Level 3

**Ages:** 5-12 years

**Ratio:** 6:1

Students learn how to swim to safety from a longer distance. This stage also introduces the use of integrated arm and leg action. Introduction to diving, treading water, and rolling from front to back.

## Level 4

**Ages:** 5-14 years

**Ratio:** 6:1

Students will develop stroke technique in front crawl and back crawl. This stage also introduces breaststroke kick and butterfly kick. Water safety is reinforced through treading water.

## Level 5

**Ages:** 6-14 years

**Ratio:** 8:1

Students will work on stroke technique and swimming drills. Introduction to breaststroke, butterfly, and flip turns.

## Level 6

**Ages:** 6-14 years

**Ratio:** 8:1

Students will refine technique and endurance on all major competitive strokes. They will learn about competitive swimming and how to incorporate swim into a healthy lifestyle.

## Private and Semi-Private Swim Lessons

**Ages:** 3 years and up

**Ratio:** 1:1 (Semi Private Lessons 2:1)

For individuals that want one-on-one instruction with personalized lesson plans that maximize their productivity in the water for optimal participation. Designed for all skill levels: Introduction to water through advance skills.

*For more information about booking a semi private please email [Svisokey@burbankymca.org](mailto:Svisokey@burbankymca.org)*