

Dear Parents,

Y USA has revamped and improved our swim lesson curriculum, we are implementing the new program this spring. The program will focus on safety and self-rescue skills, then introducing stroke technique. We have a video posted on our Facebook page and under the "Stay Connected" link on our website to our YouTube page. The title of the video is "Goodbye Fish Names, Hello Swim Stages."

The program consists of three groups of lessons. **Swim Starters** (parent child classes) will be for infants and toddlers up to age 3. Then, **Swim Basics** will focus on water safety and self-rescue skills. These stages will have preschool aged lessons (3-5) and youth aged lessons (6-12). **Swim Strokes** will focus on stroke technique and will have levels for both preschool (stroke introduction 1 and 2) and youth aged participants (all stages).

### **Swim Starters**

- Water Discovery is designed to introduce children to the aquatic environment while introducing basic water skills and safety. For ages 6-23 months.
- Water Exploration is designed for the child to explore fundamental water skills and safety. For ages 18-36 months.
- Water Application is designed for the child to adjust to swimming independently. Parents are in the water to facilitate learning and direction following, but instructions are directed towards the child. For ages 24-36 months.

### **Swim Basics**

- Water Acclimation\* increases comfort with underwater exploration and introduce basic self-rescue skills preformed with assistance.
- Water Movement\* encourages forward movement in the water and basic self-rescue skills preformed independently.
- Water Stamina defines the development of intermediate self-rescue skills performed at longer distances than in previous stages.

### **Swim Strokes**

- Stroke Introduction 1 introduces basic stroke technique in front crawl (freestyle) and back crawl (backstroke) and reinforces water safety through treading water and elementary backstroke.

- Stroke Introduction 2 refines basic stroke technique in freestyle and backstroke and reinforces water safety through treading water and elementary backstroke.
- Stroke Development introduces breaststroke and butterfly, while continuing to refine freestyle and backstroke. This class also reinforces water safety through treading water and sidestroke.
- Stroke Mechanics refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Shark Clinic and Porpoise Club will be offered after the completion of Stroke Mechanics.

Our current swimmers will receive their new levels during pre-registration slip week. New swimmers who need to be evaluated, dates are as follows: Saturday Feb 3<sup>rd</sup>, 10<sup>th</sup>, or 17<sup>th</sup> at 1:00PM, or Tuesday Feb 20<sup>th</sup> at 7:00 PM.

If you have any questions, we will be having an information session for parents to come and ask any questions.

- Friday February 9<sup>th</sup> 6pm-7pm
  - Child watch is available during this time
- Thursday February 15<sup>th</sup> 5pm-6pm
  - Child watch is available during this time
- Saturday February 17<sup>th</sup> 8:30am-12pm
  - Child watch is available during this time or you can come during your child's swim lesson
- Sunday February 18<sup>th</sup> 10:30am-11:30am
  - Your child can swim during the meeting with one of our instructors. Please email me so we know how many swimmers to expect.

Sincerely,

Jamie Beers

Aquatic Coordinator

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