



PORTAGE TOWNSHIP YMCA

Summer 2021 Swim Lessons

AM – Riverview Park & Pool, Lake Station

PM – Breckenridge Apartments, Portage

Parent & Tot: \$55 Member | \$75 Non-Member*

Monday - Thursday 9:30am - 10:00am
10:30am - 11:00am
Tuesday & Thursday 5:30pm - 6:00pm

Level 1: \$55 Member | \$75 Non-Member*

Monday - Thursday 9:00am - 9:30am
10:00am - 10:30am
11:00am - 11:30am
Tuesday & Thursday 5:00pm - 5:30pm
6:00pm - 6:30pm
6:30pm - 7:00pm

Level 2: \$55 Member | \$75 Non-Member*

Monday - Thursday 9:00am - 9:30am
9:30am - 10:00am
10:30am - 11:00am
11:00am - 11:30am
Tuesday & Thursday 5:00pm - 5:30pm
6:00pm - 6:30pm

Level 3: \$55 Member | \$75 Non-Member*

Monday - Thursday 9:30am - 10:00am
10:30am - 11:00am
Tuesday & Thursday 5:30pm - 6:00pm

Level 4: \$55 Member | \$75 Non-Member*

Monday - Thursday 11:00am - 11:30am
Tuesday & Thursday 6:30pm - 7:00pm



**REGISTER
ONLINE**



QUESTIONS?
Contact Brianna Manning at
BManning@ymcaofportage.org

Session Dates:

AM Lessons (Monday - Thursday)	PM Lessons (Tuesdays & Thursdays)
• May 31 - June 10	• July 6 - July 29
• June 14 - June 24	
• July 5 - July 15	
• July 19 - July 20	

Each session includes 8, 30-minute lessons.
All prices listed are per session, per participant.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.