

SWIM STARTERS AQUATIC PROGRAM

Accompanied by a parent or guardian, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while their adult learns about water safety, drowning prevention, and the importance of supervision. Ages 6–36 months

A: Water Discovery Introduces infants and toddlers to the aquatic environment.

B: Water Exploration Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS AQUATIC PROGRAM

Students 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, and exit—and jump, push, turn, grab.

1: Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Ages 3-12

2: Water Movement Encourages forward movement in water and basic self-rescue skills performed independently. Ages 3-12

3: Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages. Ages 3-12

SWIM STROKES AQUATIC PROGRAM

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

4: Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Ages 6-12

5: Stroke Development Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke. Ages 6-12

6: Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Ages 6-12

Age Guidelines: Preschool classes are for 3–5 year-olds, Youth classes are for 6–12 year-olds.

We will add classes if there is overflow, so please add your students to the waitlist if a class is full so they can get priority when we open a new class. Please see the front desk for days/times for the upcoming session.

YOUTH SWIM LEAGUE

A preparatory league for students considering formal swim teams, or for students looking for practice during the swimming off season, or students wanting to gain a community and have fun with swimming. Form, endurance technique, and endurance will all be addressed during workouts.

PRIVATE SWIM LESSONS

Private lessons are scheduled to accommodate student schedules and provide one-on-one teaching and feedback. Please contact Ciera at 360-504-0535 or aquatics@olympicpeninsulaymca.org

Cost for once weekly sessions

\$40 for YMCA Members

\$55 for Community Members

Cost per Private Lesson

\$30 for YMCA Members

\$45 for Community Members

\$20 for additional student

Due to the Sequim High School Girls Swim Team Meet schedule we cannot offer 2x/week lessons until the new year. The 1x/week sessions will last for 8 weeks. We highly encourage you to bring your swimmer in to practice between lessons.

2024 SWIM LESSON SESSIONS

SESSION 7	Session Dates	Registration for Current Students	Registration for New Students
Monday Students	8/12-9/30	7/31-8/10	8/2-8/10
Tuesday Students	8/13-10/1	10:00am	10:00am
Thursday Students	8/15-10/3	No Monday class 9/2—Labor Day	

SESSION 8	Session Dates	Registration for Current Students	Registration for New Students
Monday Students	10/14-12/1	9/30-10/12	8/2-8/10
Tuesday Students	10/15-12/2	10:00am	10:00am
Thursday Students	10/17-12/4	No Thursday class 11/28 - Thanksgiving	

MEET THE INSTRUCTORS!

Miss Ciera has been teaching swimming lessons for 2 years and loves watching her students achieve new skills! She also teaches private lessons for beginner-intermediate swimmers of all ages!



MISS CIERA



COACH KATE

Coach Kate has been teaching lessons since 2013 and has worked with students of all ages, abilities, and skill levels. She currently teaches group swim lessons and coaches youth swim league!

Miss Mary Beth has been teaching lessons for over 40 years! She particularly enjoys teaching youth beginner students. Miss Mary Beth volunteers her time to make sure we can teach as many children as possible how to swim!



MISS MARY BETH



COACH WILL

Coach Will has been swimming since childhood and competed on the Sequim High School Swim Team. He is currently head coach for the Sequim Squid Swim Squad, and also teaches private lessons for intermediate-advanced students.

Want to join our team? We offer paid training for new instructors. Apply online at olympicpeninsulaymca.org

WE'RE HERE FOR EVERYONE

All ages—from infants to seniors— can learn water safety and swimming skills. Check out our class offerings to find one that fits your family's busy schedule.

NURTURING SKILLS AND BUILDING CONFIDENCE IN THE WATER

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.



Member Support: At the Y we believe that everyone should have the opportunity to learn to swim. Thanks to the generous donations of the local community, the Y offers financial assistance to any individuals or family who needs a little extra help. Please inquire at the front desk or go to olympicpeninsulaymca.org/membersupport for more information.

Membership benefits vary by location

TO LEARN MORE:

Ciera Skelly - Aquatics Manager
aquatics@olympicpeninsulaymca.org

Kate Henninger - Senior Program Manager
kate@olympicpeninsulaymca.org



YMCA of Sequim
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STRONG SWIMMERS CONFIDENT KIDS

**SWIM LESSONS
YMCA OF SEQUIM**

