



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENCE WITH EVERY STROKE

FALL SWIM LESSONS
Los Cerritos YMCA

We're here for everyone! All ages—from infants to seniors—can learn to swim. 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 LESSON SCHEDULES	Tuesday/Thursday (4 Weeks)						Saturday (8 Weeks)							
	4:00 - 4:30 pm	4:30 - 5:00 pm	5:00 - 5:30 pm	5:30 - 5:45 pm	5:30 - 6:00 pm	6:00 - 6:30 pm	6:30 - 7:00 pm	7:00 - 7:45 pm	9:00-9:30 am	9:30-10:00 am	10:00-10:30 am	10:30-11:00 am	11:00-11:30 am	11:30-11:45 am
Stage A/B (6 mos- 3 yrs)						X								
Stage 1 (3 - 5 yrs)	X	X	X		X	X	X		X	X	X	X	X	
Stage 2 (6 - 11 yrs)	X	X	X		X	X	X		X	X	X	X	X	
Stage 3 (6 - 11 yrs)		X			X		X		X		X			
Stage 4 (6 - 11 yrs)					X						X			
Stage 5 (6 - 11 yrs)					X						X			
Stage 6 (6 - 11 yrs)						X					X			
Porpoise (6 - 11 yrs)				X										
Teen/Adult (12 & up)								X						X

Shallow Water Aerobics: Tues/Thurs, 8:15-9:00am & Saturday, 9:15-10:00am
Deep Water Aerobics: Tues/Thurs, 7:00-7:45pm
Lesson schedules are subject to change.

FALL SESSION START DATES

All sessions take place at the Bellflower Aquatic Center

{Tuesday/Thursday Lessons}

Aug. 22nd, Sept. 19th, Oct. 17th, Nov. 14th

{Saturday Lessons}

Sept. 30th

PROGRAM FEES

	Bellflower Residents	Non-Bellflower Residents
Stage A/B and Stage 1	\$72	\$80
Stages 2-6	\$65	\$73
Porpoise	\$72	\$80
Teen/Adult	\$72	\$80
Water Aerobics	\$42	\$45
Sr. Water Aerobics	\$38	\$40

Annual Registration: \$10 per Participant

All fees are non-refundable.

No credit or make-ups for missed lessons.

Private lessons are also available.

LOS CERRITOS YMCA
15530 Woodruff Ave.
Bellflower, CA 90706
www.lbymca.org

ADMINISTRATIVE OFFICE HOURS
Monday—Friday
9:00am to 6:30pm
P 562.925.1292

BELLFLOWER AQUATIC CENTER
14001 Bellflower Blvd.
Bellflower, CA 90706
P 562.925.1331

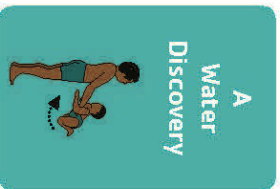
POOL OFFICE HOURS
Tuesday & Thursday
4:00pm to 7:30pm
Saturday
9:00am to 11:30am



Program Overview

SWIM STARTERS

Parent* & child lessons



A
Water
Discovery



B
Water
Exploration

Introduces infants and toddlers to the aquatic environment

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

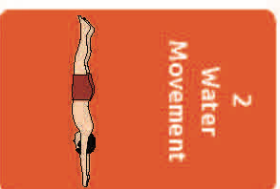
Outcomes
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS (Safety Around Water)

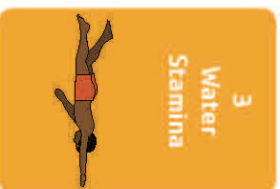
Recommended skills for all to have around water



1
Water
Acclimation



2
Water
Movement



3
Water
Stamina

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

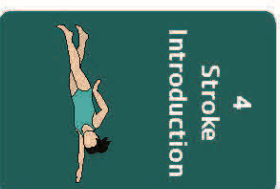
Encourages forward movement in water and basic self-rescue skills performed independently

Develops intermediate self-rescue skills performed at longer distances than in previous stages

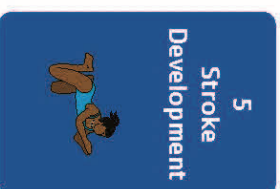
Outcomes
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES

Skills to support a healthy lifestyle



4
Stroke
Introduction



5
Stroke
Development



6
Stroke
Mechanics

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

PATHWAYS

Specialized tracks



Competition



Leadership



Recreation

Outcomes
Students build confidence, cultivate their passion, and stay active through specialized tracks.

*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.