



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENCE WITH EVERY STROKE

SUMMER 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	Monday through Thursday (2 Weeks)							Saturday (8 Weeks)					
	8:15 - 9:00 am	9:00 - 9:30 am	9:30 - 10:00 am	10:00 - 10:30 am	10:30 - 11:00 am	4:30 - 5:00 pm	5:00 - 5:30 pm	5:00 - 5:45 pm	5:30 - 6:00 pm	6:00 - 6:30 pm	6:30 - 7:00 pm	7:00 - 7:30 pm	7:30 - 8:15 pm
Stage A/B (6 mos - 3 yrs)	X								X	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
Stage 3 (6 - 11 yrs)			X	X	X	X			X	X	X	X	X
Stage 4 (6 - 11 yrs)			X		X	X			X		X	X	
Stage 5 (6 - 11 yrs)			X		X	X			X		X	X	
Stage 6 (6 - 11 yrs)				X		X				X	X		
Porpoise (6 - 11 yrs)								X					
Teen/Adult (12 & up)	X												X

Shallow Water Aerobics: Monday through Thursday, 8:15-9:00am & Saturday, 9:15-10:00am
Deep Water Aerobics: Monday through Thursday, 7:30-8:15pm
Lesson schedules are subject to change.

SUMMER SESSION START DATES

All sessions take place at the Bellflower Aquatic Center

{Monday - Thursday Lessons}
June 19, *July 3, July 17, July 31
(*No class July 4)

{Saturday Lessons}
**July 29, September 30
(**No class September 2)

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.

POOL OFFICE HOURS

Monday—Thursday
9:00am to 11:30am
4:00pm to 7:30pm
Saturday
9:00am to 11:30am

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



Program Overview

<p>SWIM STARTERS Parent* & child lessons</p>	<p>A Water Discovery</p>	<p>B Water Exploration</p>	<p>Introduces infants and toddlers to the aquatic environment</p> <p>Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills</p>	<p>SWIM BASICS (Safety Around Water) Recommended skills for all to have around water</p>	<p>1 Water Acclimation</p>	<p>2 Water Movement</p>	<p>3 Water Stamina</p>	<p>Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance</p> <p>Encourages forward movement in water and basic self-rescue skills performed independently</p> <p>Develops intermediate self-rescue skills performed at longer distances than in previous stages</p>	<p>SWIM STROKES Skills to support a healthy lifestyle</p>	<p>4 Stroke Introduction</p>	<p>5 Stroke Development</p>	<p>6 Stroke Mechanics</p>	<p>Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke</p> <p>Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke</p> <p>Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle</p>	<p>PATHWAYS Specialized tracks</p>	<p>Competition</p>	<p>Leadership</p>	<p>Recreation</p>	<p>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.</p>	<p>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</p>	<p>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.</p>	<p>Outcomes Students build confidence, cultivate their passion, and stay active through specialized tracks.</p>
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*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.