



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS AT SILVER LAKE

Create Confident Swimmers.

Welcome to the 8th Year of Lessons @The Lake!

- Runs: June 25 - Aug 26, 2018  
(no class Wed 7/4\*)
- Select from 30 minute lessons offered: MON, TUES, WED or THURS
- Start times: 10am, 10:35am, 11:10am, 4pm, 4:35pm, 5:10pm
- Certified YMCA Instructors
- Ages 3-12
- Choose from Stages 1-4. See Class Descriptions (over) or arrange a swim test by contacting the YMCA today!
- Cost: \$56 (\* Wednesday classes, which meet 1 less time, cost \$48)
- Includes a beach pass



THE FRANKLIN Y  
45 FORGE HILL ROAD, FRANKLIN  
LAKE ADDRESS: 10 BLACKMAR STREET, BELLINGHAM

HOCKOMOCK AREA YMCA [WWW.HOCKYMCA.ORG](http://WWW.HOCKYMCA.ORG)

CONTACT:  
KRYSTINA EDENS  
[krystinae@hockymca.org](mailto:krystinae@hockymca.org)  
774-235-2761

# SELECT YOUR SWIM LESSON

REGISTER STARTING MAY 29, 2018

DETAILS: [HOCKYMCA.ORG/FRANKLIN/YOUTH-SWIM-LESSONS](http://HOCKYMCA.ORG/FRANKLIN/YOUTH-SWIM-LESSONS)

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## STAGE 1/WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

10:00am (3-5-years)      4:00pm (3-5 years)  
10:35am (5-12 years)    4:35pm (5-12 years)  
11:10am (3-5 years)

(choose Monday, Tuesday, Wednesday or Thursday)

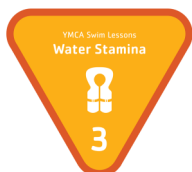


## STAGE 2/WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

10:00am (5-12 years)  
10:35am (3-5 years)  
11:10am (5-12 years)  
5:10pm (3-5 years)

(choose Monday, Tuesday, Wednesday or Thursday)

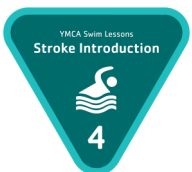


## STAGE 3/WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

4:00pm (5-12 years)  
4:35pm (3-5 years)

(choose Monday, Tuesday, Wednesday or Thursday)



## STAGE 4/STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5:10pm (5-12 years)

(choose Monday, Tuesday, Wednesday or Thursday)