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The YMCA's Adult Aquatics & Swim Lesson Programs are for those who are looking to improve their swim movement and efficiency. Find Adult Aquatics / Swim Lessons This swim program introduces basic stroke technique in front crawl and back crawl.

Swim lessons not only keep kids safe in the water, they also build self- esteem and confidence. A variety of class times and levels are available to meet your familys needs including morning, afternoon, and evenings as well as weekends. Youth Swim Program Preschool Swim Program. Beginner-YMCA- Water Acclimation; Youth 1 beginner is for children who have never had swim lessons or still use a bubble. Youth I programs are minutes. Youth I Youth I Beginner (with floatation) Aquatics Programs Youth Swim Program Schedule Wahoo Swim Team Community Development. Register. In , the YMCA of the USA identified the need to upgrade the Ys aquatic programs. The Swimming Lesson program is the backbone of YMCA aquatics and because of this, enhancing the curriculum was a major component of this work.

Jun 01, The Youth and Adult Aquatic Program Manual (Ymca Swim Lessons) [Ymca of the USA] on chrisanddebby.com \*FREE\* shipping on qualifying offers. Provides specific instructions for conducting graded youth and adult swimming class programs that have been tested at Young Men's Christian Association pools across the chrisanddebby.coms: The South Shore YMCA Swim Academy programs offer the areas very best in water safety education and recreation, with Swim Lessons from infant to adult. Learn to swim for enjoyment, or work towards swimming competitively.

The YMCA Swim Lessons program uses a skill-based approach designed to meet the needs of local Ys and the people they serve. Register Now! In the Ys Youth swim programs, participants can enjoy water sports, enhance or learn new techniques, meet new friends and develop confidence, while also learning safety skills that can save lives. May 02, I bought the Youth and Adult Aquatic Program Manual because I knew that the YMCA had a successful Aquatic Program and I wanted to use their method to teach myself to swim at home. I was expecting a how-to manual or at least an outline of exercises that would teach swimming fundamentals but I found neither.

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