

SWIM TEAM www.auburnstingrays.org

HAVE A NEED FOR SPEED?



STINGRAYS SWIM TEAM

ages 5-18

The Auburn Y Stingrays is one of the most competitive programs in NYS. Team is open to swimmers who can swim one length of the pool using the crawl stroke utilizing rotary breathing. Swimmers should have passed minnow/level 4 of lessons.. Swimmers can compete through high school & even into college during the summer. Practices are held 2 to 6 times per week depending on age and level of commitment. Fall session meets Sept. -Feb. & Summer session meets April-Aug. For swimmers qualifying for state and nationals the season extends into April. There is an additional fee of \$90 for those 11 and up who want to compete in USA competitions. This is good through the 2018 long course season **Note:** National Y rules require that all swim team members be members of the Y. Youth memberships are available for only \$19/month.

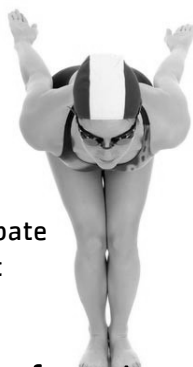
SWIM TEAM CLINIC ages 5-12

FREE & OPEN TO THE PUBLIC.

September 18-21 Time: 6:00-7:00pm

This three day clinic is for new swim team members & potential members of the Stingrays Swim Team. This clinic gives swimmers a taste of what it's like to participate in team practices & enjoy the camaraderie of being part of a team. Participants must be able to swim 25 yards unassisted with rotary breathing.

Bring a swim suit, goggles & towel; participants receive a free swim cap!



Adult Lessons Lessons include, personal safety, stroke development, rescue & more!
Tuesdays 7:05-7:45 pm
Session I Sept. 11-Nov. 4
Session II Nov. 6-Dec. 30
Session Fee: \$25 Y- Member
\$45 General Public

Private Swim Lessons
Offered for both children & adults. 30 minute lessons are arranged between instructor & student.
7 Session Fee: \$150 Y-Member
\$175 General Public
Single Lesson: \$20 Y-Member
\$30 General Public
\$35 Y-Member / Faculty Trainer
\$45 Gen. Public/ Faculty Trainer

Auburn YMCA-WEIU SWIM LESSON GUIDE

Sept.-Dec. 2017



SWIM FREE... free swim lessons for 7 year olds!


Seven-year-olds receive **FREE SWIM LESSONS** at the Auburn & Skaneateles Y. This program is for both Y-Members and the General Public! See brochure for dates & times of lessons.



Water Sports & Games Experience a different water sport each week. **Ages 10-13.** Must be at least a stage 5 or Flying Fish swimmer, some activities will be in deep water.
Session I Sept. 11-Nov. 4 Session II Nov. 6-Dec. 30
Saturdays 10:25-10:55 am
Session Fee: \$45 Y- Member \$100 General Public

NEW!

For more information or to register contact us at

the  Auburn YMCA-WEIU
27 William Street
Auburn, NY 13021
315-253-5304
www.auburnymca.org

SWIM LESSONS.CREATING BETTER SWIMMERS

Swim Starters...*30 min. lessons
Y-Members \$35 General Public \$70

Swim Basics & Swim Strokes & S.A.W

*All Preschool/School Age 1-3, meet for 30 min.

**School Age Levels 4-6, meet for 40 min.

Y-Members: \$45 General Public \$100



Session Dates

Session I: Sept. 11- Nov. 4

Late Fee After Sept. 8th

Session II: Nov 6-Dec. 30

Late Fee After Nov. 4th



Swim Starters..30 min. lessons Parent and Child 6 months-3 Years

Swim Starters	TUE	THUR	FRI	SAT
A. Water Discovery	5:30 pm		10:30am	9:05am 9:45am
B. Water Exploration	6:15pm		10:30am	11:05am



Swim Basics. 30 min lesson Preschool 3-5 years

*Swim Basics: Preschool	MON	TUE	WED	THUR	FRI	SAT
1. Water Acclimation	5:30pm		5:30pm	5:30pm		9:45am 10:25am
2. Water Movement	5:30pm		5:30pm	5:30pm		10:25am
3. Water Stamina	5:30pm		5:30pm	5:30pm		10:25am



Swim Strokes..30 min. lessons Preschool Ages 3-5 years

*Swim Strokes: Preschool	MON	TUE	WED	THUR	SAT
4. Stroke Introduction		5:30pm			9:05am

Safety Around Water (S.A.W) Ages 6-12 years 30 min. lessons Required for children who have never taken youth or preschool swim lessons

*S.A.W	TUE	THUR	SAT
Safety Around Water	7:05-7:35pm	7:05-7:35pm	10:25-10:55am



Swim Basics..30 min lessons

*Swim Basics : School Age	MON	TUE	WED	THUR	SAT
1. Water Acclimation	6:15pm		6:15pm	6:15pm	9:05am
2. Water Movement	6:15pm		6:15pm	6:15pm	9:05am
3. Water Stamina	6:15pm		6:15pm	6:15pm	9:05pm



Swim Strokes..40 min lessons School Age Ages 6-12 years

**Swim Strokes: School Age	MON	TUE	WED	SAT
4. Stroke Introduction	7:05pm	6:15pm	7:05pm	9:45am
5. Stroke Development	7:05pm		7:05pm	9:45am
6. Stroke Mechanics	7:05pm		7:05pm	9:45am

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

A -Water Discovery -Introduction to the aquatic environment.

B -Water Exploration Focus on blowing bubbles, safety & aquatic skills.

SWIM BASICS -Preschool, School Age Learn personal water safety & achieve basic swimming competency by learning: **swim, float, swim**—sequencing front glide, roll, back float, roll, front glide, and exit—& **jump, push, turn, grab.**

1 -Water Acclimation Increases comfort with underwater exploration & introduces basic self-rescue skills performed with assistance.

2 -Water Movement Encourages forward movement & basic self-rescue skills

3 -Water Stamina Intermediate self-rescue skills performed at longer distances

SWIM STROKES -Preschool, School Age 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.

4-Stroke Introduction Introduces basic stroke technique & reinforces water safety through treading water and elementary backstroke.

5-Stroke Development Introduces breast-stroke & butterfly & reinforces water safety through treading water & sidestroke.

6 -Stroke Mechanics Refines stroke technique on all major competitive strokes

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months-3 years

**PARENT & CHILD:
STAGES A-B**

3 years-5 years

**PRESCHOOL:
STAGES 1-4**

6 years-12 years

**SCHOOL AGE:
STAGES 1-6**

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10-15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**