



# FALL YOUTH SWIM LESSONS



## SWIM STARTERS

### RECOMMENDED AGES 6 MONTHS - 36 MONTHS

- Build the foundation for lifelong swimming skills
- Guardian and child class
- Recommended for students who can respond to verbal cues



## SWIM BASICS

### RECOMMENDED AGES 3-5

- Students will learn to go underwater voluntarily, float on their own, and work towards swimming short distances independently.
- Introduces basic self-rescue skills and fundamental water safety skills.



## SWIM STROKES

### RECOMMENDED AGES 6-9

- Swim Strokes focuses on increasing stamina, stroke introduction, stroke refinement, and maintaining form.
- Students will learn and refine their technique for formal strokes.



## SWIM MECHANICS

### RECOMMENDED AGES 10-12

- Swim Mechanics covers stroke introduction, development, and mechanics.
- This class focuses on the four basic competitive strokes: front crawl, backstroke, breaststroke, and butterfly.
- Students **MUST** be able to swim the full length of the pool to register

## LESSON FEES

MEMBERS

**FREE**

NON-MEMBERS

**FREE**

Free swim lessons for ages 6 months - 12 years are made possible through a grant by the NY State Dept of Health.

## LESSON HIGHLIGHTS

- ✓ Learn fundamental swimming skills
- ✓ Develop basic water safety techniques
- ✓ Build confidence in and out of the water
- ✓ Positive swim instructors
- ✓ YMCA character building values

# REGISTER TODAY!

SPOTS ARE LIMITED.  
SECURE YOUR PLACE IN  
THE POOL THIS FALL!

**West Family YMCA**

740 Main St | Johnson City, NY 13790

607-770-9622 | [ymcabroome.org](http://ymcabroome.org) | [awehrs@ymcabroome.org](mailto:awehrs@ymcabroome.org)

# REGISTRATION INFORMATION

To register for swim lessons, fill out the form below and hand into the Front Desk

## Swim Starters

- ☐ Wednesday 4:30 - 5:00p.m.
- ☐ Saturday 9:30 - 10:00a.m.

## Swim Basics

- ☐ Mondays 5:10-5:55pm
- ☐ Mondays 6:05-6:50pm
- ☐ Wednesdays 5:10-5:55pm
- ☐ Wednesdays 6:05-6:50pm
- ☐ Saturdays 10:10-10:55am
- ☐ Saturdays 11:05-11:50am

## Swim Strokes

- ☐ Mondays 5:10-5:55pm
- ☐ Mondays 6:05-6:50pm
- ☐ Wednesdays 5:10-5:55pm
- ☐ Wednesdays 6:05-6:50pm
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## Swim Mechanics

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## CONTACT

Amy Wehrs

Aquatics Director

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West Family Y

740 Main Street

Johnson City, NY 13790

## 2026 DATES

Fall I: September 14 - October 24

Registration opens: Members-August 15, Non-members-August 31

Fall II: November 2 - December 12

Registration opens: Members-October 5, Non-members-October 19

## PRICE

MEMBER FREE

NON-MEMBER FREE

Learn more about  
swim lessons at the Y!



Child's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Participant or Parent/Guardian signature if under 18 years of age: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself and for my child, waive and release any and all rights, including use of photography, video, or audio, and claims for damages I may have against the YMCA of Broome County, their representatives, successors, and assignees for any injuries suffered by me in the YMCA programs.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**\*\*Parents and guardians are responsible for supervising their children at all times. Children under age 14 may not be left unattended in the facility.**