

First Grade Swim Lesson Program

The Shasta Family YMCA, in collaboration with the Redding School District work towards teaching children how to swim. Every 1st grader in the Redding School District will receive swim lessons and their P.E. component at the Shasta Family YMCA. Fun and enthusiastic teachers provide a comfortable atmosphere for students while building self-confidence, self-discipline, and fitness concepts.

Level 1

This class instills confidence in the aquatic environment without direct parent contact. The child will gain an understanding of pool rules, safety and partake in aquatic games. Children learn and become accustomed to submerging in water; bubble blowing; mobility; comfort, and fun.

This class also deals with personal safety skills, confidence in water, floating on front and back, gliding on front and back, and introduces rhythmic breathing. Again the main focus of this class is comfort and confidence in and around the water.

Level 2

During this class, the instructor takes a larger focus on mobility in the water, including rhythmic breathing. Children review the basics of floating, are introduced to the paddle stroke and to proper kicking on front & back, as well as comfort in deeper water, personal safety, survival skills and games.

This class spends much time enhancing the children's ability to swim. The main focus is on developing the front crawl and rotary breathing, introduction to back crawl and underwater swimming, as well as dealing with personal safety, rescue skills and games.

Level 3

In this class children learn refinements of the front crawl and are introduced to more advanced strokes such as the back crawl, breaststroke and elementary backstroke. They also learn rescue skills and personal safety issues.

This class is the most advanced that this YMCA offers. For the duration of this class, children learn refinements to the breaststroke, an introduction to the butterfly, racing turns, and of course personal safety and rescue skills.

2009-2010 First Grade Swim Lesson Schedule

**Old Shasta, Igo-Ono
& French Gulch** **Sept 15 – Sept 24**
Turtle Bay **Sep 29 – Oct 8**
Turtle Bay **Oct 13 – Oct 22**
Turtle Bay **Oct 27 – Nov 5**

[No lessons Nov. 9 – Jan. 11]

Cypress **Jan 12 – Jan 21**
Juniper **Jan 26 – Feb 4**
Sycamore **Feb 23 – Mar 4**
Bonnyview **Mar 9 – Mar 18**
Manzanita **Apr 20 – Apr 29**
Manzanita **May 4 – May 13**
Manzanita **May 18 – May 27**

All classes are held in the Indoor Pool and meet Tues., Wed., & Thur.