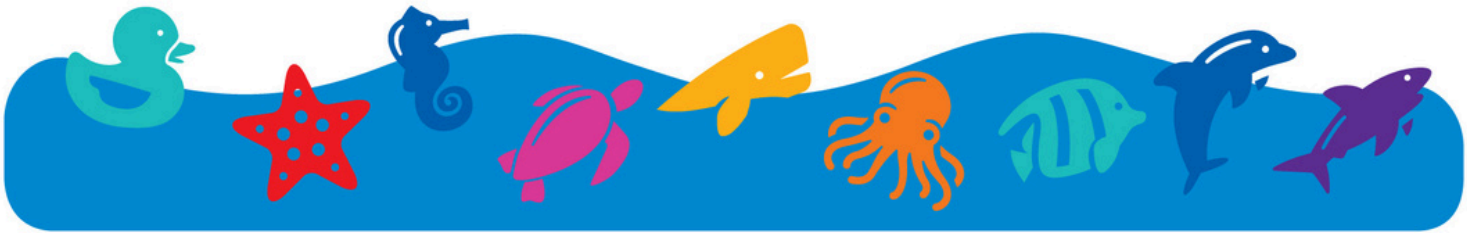
# YMCA of kingston and Ulster County

# STRONG SWIMMERS CONFIDENT KIDS



## SWIM STARTERS

**A: WATER DISCOVERY**
Introduces infants and toddlers to the aquatic environment with their parents holding them.

**B: WATER EXPLORATION**
Focuses on body position, blowing bubbles, and fundamental safety skills for parents and children.

## SWIM BASICS

**1: WATER ACCLIMATION**
Increases comfort with underwater exploration and introduces basic self-rescue skills with assistance.

**2: WATER MOVEMENT**
Encourages forward movement in water and basic self-rescue skills performed independently.

**3: WATER STAMINA**
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

## SWIM STROKE

**4: STROKE INTRODUCTION**
Introduces basic stroke technique in front and back crawl and reinforces safety through treading water and backstroke.

**5: STROKE DEVELOPMENT**
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

**6: STROKE MECHANICS**
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

**Intermediate Teen and Adult: Ages 13+**
For swimmers looking to work on stroke technique and begin swimming laps. Week one we will set goals to personalize the class.

## 6-Week Swim Lesson Sessions

Member Price: $ 71.00
Non- Member Price: $ 100.00

| Parent & Child \| 6 months-3 years old | | |
|---|---|---|
| A | Sat. | 10:00 AM-10:30AM |
| B | Sat. | 11:00 AM-10:30 AM |
| **Preschool \| 3-5 years old** | | |
| Water Acclimation | Mon. | 3:30 PM-4:00PM |
| | Mon. | 4:05PM-4:35PM |
| | Wed. | 3:30PM-4:00PM |
| | Wed. | 5:00PM-5:30PM |
| | Sat. | 11:00AM-11:30AM |
| | Sun. | 9:00AM-9:30AM |
| | Sun. | 10:00AM - 10:30AM |
| Water Movement | Mon. | 3:30 PM-4:00PM |
| | Mon. | 4:05PM-4:35PM |
| | Wed. | 3:30PM-4:00PM |
| | Wed. | 5:00PM-5:30PM |
| | Sat. | 11:00AM-11:30AM |
| | Sun. | 9:00AM-9:30AM |
| | Sun. | 10:00AM - 10:30AM |
| Water Stamina | Mon. | 3:30 PM-4:00PM |
| | Mon. | 4:05PM-4:35PM |
| | Wed. | 3:30 PM-4:00PM |
| Stroke Introduction | Mon. | 3:30 PM-4:00PM |

| School Age \| 5-12 years old | | |
|---|---|---|
| Water Acclimation | Mon. | 4:35PM-5:20PM |
| | Wed. | 4:05PM-4:50PM |
| | Sat. | 10:00AM-10:45AM |
| | Sun. | 9:10AM- 9:55AM |
| | Sun. | 10:05AM-10:50AM |
| Water Movement | Mon. | 4:35PM-5:20PM |
| | Wed. | 4:05PM-4:50PM |
| | Sat. | 10:00AM-10:45AM |
| | Sun. | 9:10AM-9:55AM |
| Water Stamina | Mon. | 4:35PM-5:20PM |
| | Wed. | 4:05PM-4:50PM |
| | Sat. | 10:00AM-10:45AM |
| | Sun | 9:10AM-9:55AM |
| Stroke Introduction | Sat. | 11:00AM-11:45AM |
| | Sun. | 10:05AM-10:50AM |
| Stroke Development | Mon. | 4:35PM-5:20PM |
| | Sat. | 11:00AM-11:45Am |
| Stroke Mechanics | Wed. | 4:05PM-4:50PM |
| | | |
| **Teen and Adult.** | | |
| Water Acclimation | Sun | 8:00AM-8:45AM |
| | | |

PLEASE NOTE: In accordance with established policies, Due to safety ratios and ongoing class enrollment, the YMCA can not accommodate make-ups for missed classes. No Refunds will not be given for classes missed.

** This schedule is subject to change based on class sizes.**

## Swim Team

Year-round swim team begins seasons in September and June
Contact
Nscott@ymcaulster.org

## Synchronized Swimming

Build confidence in the water while having fun! Participants will use water skills combined with dance and choreographed routines, all performed to music. Beginners will practice and perform in the shallow end, while intermediate participants will take their skills to the deep end. Interested? Come make a splash and dance with us!

## 2026 Swim Lesson Session Dates

Register online at YMCAULSTER.ORG

**Fall Session**
September 14 – October 25
Registration opens:
August 25 for the community

**Winter Session**
November 2 – December 13
Registration opens:
October 2 for Y members
October 7 for the community

**Mid-Winter session**
January 4 – February 7
Registration opens:
December 4 for Y members
December 9 for the community

**Spring Session**
February 15 –March 28
Registration opens:
January 15 for Y members
January 19 for the community

**Mid- Spring Session**
April 5 – May 16
Registration opens:
March 5 for Y members
March 10 for the community
(No classes 5/15/27- Make up on 5/22/27)

**Summer Session**
TBD

## Choose the Right Level

Select the right level for your student

**Take the online swim assessment**

Can the student respond to verbal cues and jump on land? IF NOT > A: WATER DISCOVERY

Would the student work with an instructor and no parent in the water? IF NOT > B: WATER EXPLORATION

Will the student go underwater voluntarily? IF NOT > 1: WATER ACCLIMATION

Can the student do a front and back float on their own? IF NOT > 2: WATER MOVEMENT

Can the student swim 10-15 yards on their front and back? IF NOT > 3: WATER STAMINA

Can the student swim 15 yards of front and back crawl? IF NOT > 4: STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool? IF NOT > 5: STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back? IF NOT > 6: STROKE MECHANICS

**WEATHER POLICY:**
The YMCA of Kingston and Ulster County will temporarily close the pool during thunderstorms when a lightning strike is detected within 6 miles of the building. All pool activities will be suspended and may resume 30 minutes after the last detected lightning strike.

**PROGRAM MAKE UP POLICY:**
We will do everything possible to ensure that all classes are held as scheduled. If more than one class is canceled by the YMCA due to unforeseen circumstances, a class credit will be issued. The YMCA is unable to accommodate make-up classes for participant absences. Refunds or credits will not be issued for classes missed by participants. We know families come in all shapes and sizes. We define "parent" broadly to include all adults who have primary responsibility for raising and caring for children.