

## West Marshall Summer Swim Lessons 2022: State Center High School Pool

Dear Parents,

With summer quickly approaching, it's time to start thinking about summer fun and water safety! The Parks & Recreation Board of State Center is sponsoring swim lessons together with the Marshalltown YMCA-YWCA, offering a session in June and in July to help accommodate needs.

**Group Swim** lessons will be offered at the **West Marshall High School pool in State Center** this summer for children ages 4-14 through a partnership between the City of State Center, Parks & Recreation Department, West Marshall School District, and the Marshalltown YMCA-YWCA. **The cost for children who are currently active Marshalltown YMCA members is \$44; the cost for children who are not YMCA members is \$73.**

### Session Date Options:

1. **June 13<sup>th</sup> – 23<sup>rd</sup>** : Lessons will be held Monday through Thursday June 13<sup>th</sup> – 16<sup>th</sup> and June 20<sup>th</sup> – 23<sup>rd</sup> (NO FRIDAY LESSONS either week).
2. **July 11<sup>th</sup> -21<sup>st</sup>** Lessons will be held Monday through Thursday July 11<sup>th</sup> – 14<sup>th</sup> and July 18<sup>th</sup> – 21<sup>st</sup> (NO FRIDAY LESSONS either week).

**Lessons last 45 minutes**, with **June** lessons at 9:00 am, 10:00 am and 11:00 am; **July** at 9:00 am, 10:00 am and 11:00am. The following 3 class types will each be offered; please review to determine the best fit for your child as well as how the YMCA classes correlate with any prior Red Cross lessons your child may have attended:

**Register online! Online Registration begins May 23<sup>rd</sup> for members and May 25<sup>th</sup> for program participants. Visit [www.ymca-ywca.org](http://www.ymca-ywca.org) and follow these steps.**

1. Click Schedules & Registration 2. Click Register online now 3. Click Aquatics 4. Look for West Marshall Swim Lessons and the stage and time you are signing up for. Please make sure you choose the correct month you want for lessons. 5. Click Register 6. Follow log in instructions or register as a program participant.
2. Or follow the link below.

<https://marshalltown.recliquecore.com/programs/30000017/aquatics-west-marshall-swim-lessons/?locations=13>

**If no access to online registration please call Shelley Lechnir beginning May 23rd. Please note payment must be received at the time of registration.**

**The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime.**

### **Swim Basics: 4+ years (Prerequisite: None/similar to level 1-2 in Red Cross)**

Recommended skills for all to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills. **Skills (1) Water Acclimation:** Increases comfort with underwater exploration and introduces basic self-rescue skills performed 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 Strokes: 5+ years (Prerequisite: Swim Basics/similar to level 3-4 Red Cross)**

Skills to support a healthy lifestyle. Having mastered the fundamentals, 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. **Skills (4) Stroke Introduction:** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary 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.



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**Cost Per Child (per 8-class session):** Child with an active individual/family YMCA Membership - \$44  
Child that is a Non-YMCA Member - \$73

West Marshall is committed to offering a swim program that provides opportunities for youth to learn basic swimming skills in a group environment. Every effort is made to ensure the safety of all participants during the lessons. Therefore, instructors and students must follow rules pertaining to safety and instruction. Instructors may be in the water with students most of the time (lower levels) but must also be out of the water to evaluate strokes from the deck (upper levels). In partnership with the YMCA we offer certified instructors and lifeguards. Free time at the end of each class is given to allow children a recreational swim. Pool malfunctions may require a cancellation. *Any cancellations will be announced on KFJB (1230 AM) radio between 8:00-8:30 A.M. on that day. Please note we do not cancel lessons for lightening only severe weather.*

Please contact Shelley Lechnir with any questions 641-752-8658 X 210 [shelley.lechnir@ymca-ywca.org](mailto:shelley.lechnir@ymca-ywca.org)

**6 to 6 SUMMER CHILD CARE ATTENDEES SHOULD SELECT 10:00 AM SESSION.** *If you are part of a daycare or group: please note on your form. Sessions will be assigned on a first-come, first-serve basis with all efforts made to honor 1<sup>st</sup> choices. However, due to safety and YMCA class size limitations, it may be necessary to honor 2<sup>nd</sup> choices or contact you for alternative sessions.*

**Questions?** Please contact Parks & Recreation Swimming Lessons coordinator Buffi Honeck at 515-419-1260 or via email at [statecenterparksandrec@gmail.com](mailto:statecenterparksandrec@gmail.com). Or Shelley Lechnir, Aquatic Director at 641-752-8658 X210 or via email [shelley.lechnir@ymca-ywca.org](mailto:shelley.lechnir@ymca-ywca.org) Thank you!

### 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