

# SWIM LESSON STAGE SELECTOR

## 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



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
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?

YES ↓

NOT YET

A / WATER  
DISCOVERY

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

YES ↓

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

YES ↓

NOT YET

1 / WATER  
ACCLIMATION

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

YES ↓

NOT YET

2 / WATER  
MOVEMENT

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

YES ↓

NOT YET

3 / WATER  
STAMINA

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

YES ↓

NOT YET

4 / STROKE  
INTRODUCTION

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

YES ↓

NOT YET

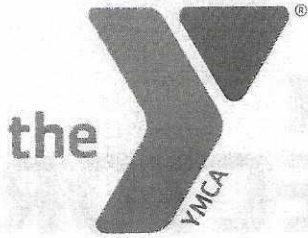
5 / STROKE  
DEVELOPMENT

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

NOT YET

6 / STROKE  
MECHANICS

\*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



# SWIM LESSON STAGES

## SWIM STARTERS

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



**A / WATER DISCOVERY**  
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



**B / WATER EXPLORATION**  
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



**1 / WATER ACCLIMATION**  
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



**2 / WATER MOVEMENT**  
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



**3 / WATER STAMINA**  
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

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.



**4 / STROKE INTRODUCTION**  
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



**5 / STROKE DEVELOPMENT**  
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



**6 / STROKE MECHANICS**  
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**GREAT BRIDGE HICKORY YMCA  
WARM WATER POOL SCHEDULE  
UPDATED: 08/28/2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>	Adult Individual Fitness 8:00-9:00am	Adult Individual Fitness 8:00-9:00am	Adult Individual Fitness 8:00-9:00am	Adult Individual Fitness 8:00-9:00am	Adult Individual Fitness 8:00-9:00am	Family Open Swim & Swim Lessons 8:00-12:00pm	
	Gentle Water Exercise 9:00-10:00am	Gentle Water Exercise 9:00-10:00am	Gentle Water Exercise 9:00-10:00am	Gentle Water Exercise 9:00-10:00am	Gentle Water Exercise 9:00-10:00am		
<b>MID MORNING</b>	Family Open Swim 10:00-11:00am	Family Open Swim 10:00-11:00am	Family Open Swim 10:00-11:00am	Family Open Swim 10:00-11:00am	Family Open Swim 10:00-11:00am		
	Gentle Water Exercise 11:00-12:00pm	Adult Individual Fitness 11:00-12:00pm	Gentle Water Exercise 11:00-12:00pm	Adult Individual Fitness 11:00-12:00pm	Gentle Water Exercise 11:00-12:00pm		
<b>AFTERNOON</b>	Adult Individual Fitness 12:00-1:00pm	Family Open Swim 12:00-1:00pm	Adult Individual Fitness 12:00-1:00pm	Family Open Swim 12:00-1:00pm	Adult Individual Fitness 12:00-1:00pm	Family Open Swim 12:00-5:30pm	
	POOL CLOSED 1:00-4:00PM	POOL CLOSED 1:00-4:00PM	POOL CLOSED 1:00-4:00PM	POOL CLOSED 1:00-4:00PM	POOL CLOSED 1:00-4:00PM		Family Open Swim 1:00-4:30pm
<b>EVENING</b>	Family Open Swim & Swim Lessons 4:00-8:30pm	Family Open Swim & Swim Lessons 4:00-8:30pm	Family Open Swim & Swim Lessons 4:00-8:30pm	Family Open Swim & Swim Lessons 4:00-8:30pm	Family Open Swim & Swim Lessons 4:00-7:30pm		

• **WATER SLIDES ARE OPEN SATURDAY FROM 12-5:30PM & SUNDAY 1-4:30PM.**

• **YOUTH AGES 12 AND YOUNGER ARE REQUIRED TO PASS THE YMCA OF SOUTH HAMPTON ROADS SWIM TEST PRIOR TO USE**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	<b>Boot Camp</b> 5:15-6:00am Group Exercise Studio Ron	<b>Boot Camp</b> 5:15-6:00am Group Exercise Studio Ron	<b>Boot Camp</b> 5:15-6:00am Group Exercise Studio Ron	<b>Boot Camp</b> 5:15-6:00am Group Exercise Studio Ron	<b>Boot Camp</b> 5:15-6:00am Group Exercise Studio Ron		
	<b>Cycle 45</b> 5:15-6:00am Cycle Studio Dory	<b>Boot Camp</b> 6:15-7:05am Group Exercise Studio Christine	<b>Cycle 45</b> 5:15-6:00am Cycle Studio Dory	<b>Boot Camp</b> 6:15-7:05am Group Exercise Studio Mary	<b>Cycle 45</b> 5:15-6:00am Cycle Studio Dory		
	<b>Boot Camp</b> 6:15-7:05am Group Exercise Studio Holly		<b>Boot Camp</b> 6:15-7:05am Group Exercise Studio Mary		<b>Cardio Circuit</b> 6:15-6:45am Group Exercise Studio Christine		
Mid Morning	<b>Yoga</b> 8:00-9:00am Group Exercise Studio Cathy	<b>Yoga</b> 8:00-9:00am Group Exercise Studio Cathy	<b>POUND@</b> 8:00-9:00am Group Exercise Studio Melissa	<b>Yoga</b> 8:00-9:00am Group Exercise Studio Cathy	<b>Yoga</b> 8:00-9:00am Group Exercise Studio Sara	<b>Cycle 60</b> 8:15-9:15am Cycle Studio Rotating Instructor	
					<b>Cycle 45</b> 8:30-9:15am Cycle Studio Megan	<b>Yoga</b> 9:00-10:00am Group Exercise Studio Andy	
	<b>Cycle 45</b> 8:30-9:15am Cycle Studio Megan		<b>Cycle 45</b> 8:30-9:15am Cycle Studio Megan	<b>Cycle 45</b> 8:30-9:15am Cycle Studio Katie Jo	<b>POUND@</b> 9:15-10:00am Group Exercise Studio Melissa		
Late Morning	<b>Cycle &amp; Kettlebells</b> 9:30-10:30am Cycle Studio Laurie	<b>Cycle 45</b> 9:30-10:15am Cycle Studio Jenn		<b>Cycle &amp; Kettlebells</b> 9:30-10:30am Cycle Studio Jenn			
	<b>Strength Train Together</b> 9:30-10:30am Group Exercise Studio Cindy	<b>HIIT w/Abs and More</b> 9:30-10:30am Group Exercise Studio Laurie	<b>Body Design</b> 9:30-10:30am Group Exercise Studio Laure			<b>Strength Train Together</b> 10:30-11:30am <b>Sept 14 &amp; 28</b> Group Exercise Studio Cindy	
		<b>Zumba@</b> 10:45-11:45am Group Exercise Studio Jennifer	<b>Pilates</b> 10:45-11:45am Group Exercise Studio Trisha	<b>Zumba@</b> 10:45-11:45am Group Exercise Studio Jennifer	<b>Power Yoga</b> 10:30-11:45am Group Exercise Studio Trisha	<b>STRONG Nation@</b> 10:30-11:30am <b>Sept 7 &amp; 21</b> Group Exercise Studio Sarah D	
Early Afternoon		<b>Gentle Yoga</b> 12:00-1:00pm Group Exercise Studio Garnet	<b>Gentle Yoga</b> 12:00-1:00pm Group Exercise Studio Trisha		<b>Gentle Yoga</b> 12:00-1:00pm Group Exercise Studio Trisha		<b>Zumba@</b> 1:15-2:15pm Group Exercise Studio Alice/Jennifer/Trisha
	<b>STRONG Nation@ w/ CIRCL Mobility@</b> 4:30-5:30pm Group Exercise Studio Susana	<b>Strength Train Together</b> 4:30-5:30pm Group Exercise Studio Eleanor	<b>Tabata</b> 4:30-5:30pm Group Exercise Studio Karen	<b>Strength Train Together</b> 4:30-5:30pm Group Exercise Studio Eleanor			
	<b>Cycle 45</b> 4:30-5:15pm Cycle Studio Jenn	<b>Cycle 45</b> 4:30-5:15pm Cycle Studio Debra		<b>Cycle &amp; Kettlebells</b> 4:30-5:30pm Cycle Studio Debra			
Evening		<b>Cycle 45</b> 5:30-6:15pm Cycle Studio Debra	<b>Cycle &amp; Kettlebells</b> 5:30-6:30pm Cycle Studio Debra				
	<b>Strength Train Together</b> 5:45-6:45pm Group Exercise Studio Cassie	<b>Pilates</b> 5:45-6:45pm Group Exercise Studio Karen	<b>Strength Train Together</b> 5:45-6:45pm Group Exercise Studio Cassie	<b>STRONG Nation@</b> 5:45-6:45pm Group Exercise Studio Sarah O			
	<b>Yoga</b> 7:00-8:00pm Group Exercise Studio	<b>Zumba@</b> 7:00-8:00pm Group Exercise Studio	<b>Vinyasa Yoga</b> 7:00-8:00pm Group Exercise Studio	<b>Zumba@</b> 7:00-8:00pm Group Exercise Studio			

**Reservations required!**  
**Classes subject to change.**  
Scan the QR code of the back  
or utilize our website at [ymcashr.org](http://ymcashr.org) for  
reservations and schedule updates.

Check out our Virtual Y at [ymcashr.org](http://ymcashr.org)  
for Live and On-Demand Classes!

# CLASS INFORMATION

## Reservations

To secure your spot in a class, follow this QR code to visit [ymcashr.org/reserve](http://ymcashr.org/reserve) or use the YMCA Universal app to register for the class of your choice.



## Safety

All classes include warm-up, work phase, and cool down. For your safety, please do not enter a class more than five minutes after it has begun.

For their safety, children ages 13 and younger may not participate in a Cycling class. In order to properly fit the bikes, the minimum height requirement is five feet.

## Age Guidelines

Ages 8-12 may participate in Group Exercise classes with a parent or supervising guardian.

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian with the exception of classes that use weights, where a parent or guardian must also be present for participants ages 13-15.

# CLASS DESCRIPTIONS

## CARDIO

**POUND®** - Instead of listening to the music, you become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with Yoga and Pilates inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out!

**Cardio Circuit** - Alternating intervals of cardio and strength training that provides a total-body workout.

## CYCLE

**Intro to Cycle** - Learn about our stationary bike bases cardiovascular workout. Get fitted for a bike, practice cycling moves.

**Cycle 60** - Build strength, improve cardiovascular endurance, and burn calories like crazy in this athletic workout. Our fitness instructors will challenge you with multi-level and intense intervals on a specialized stationary bike.

**Cycle 45** - Build strength, improve cardiovascular endurance, and burn calories like crazy in this 45 minute workout. Our fitness instructors will challenge you with multi-level and intense intervals on a specialized stationary bike.

**Cycle & Kettlebells** - Build strength, improve cardiovascular endurance, and burn calories like crazy in this athletic workout. Our fitness instructors will challenge you with multi-level and intense intervals on a specialized stationary bike for 45 minutes and finish the workout with 15 minutes of Kettlebell exercises.

## DANCE

**Line Dancing** - Line dancing is a dance in which a group of people dance in one or more lines and dance to a choreographed set of steps in a sequence. Line dancing is a great way to get fit. The format is mildly energetic and the steps are easy to learn set to all genres of music including soul, rock, pop and more.

**Zumba®** - Zumba® is a Latin music inspired choreographed dance class with a party vibe.

## MIND & BODY

**Barre** - This total body workout is a fusion of ballet barre exercises. Pilates core work, yoga flexibility, and resistance training will sculpt, stretch, and tone major muscle groups. Class may include balls, bands, or dumbbells. No dance experience is needed.

**Gentle Yoga** - Gentle Yoga is a restorative class using postures and deep breathing to gently strengthen, lengthen, and relax the body and mind. Blocks, straps, and walls may be used for support.

**Pilates** - This class is designed to strengthen and lengthen the core muscles. Breathing control and flexibility exercises are used to improve posture, body alignment, and overall strength.

**Power Yoga** - Power your way through a focused Yoga session that will burn away fat and tone muscles. This workout emphasizes balance, control and core strength for optimal fat-burning as well as traditional Yoga mat work.

**Vinyasa Yoga** - Class will include a variety of postures that improve balance, flexibility, strength and relaxation while focusing on breathing. Class may include sequences and/or held postures.

**Yoga** - This class will include a variety of postures that improve balance, flexibility, strength, and relaxation while focusing on breathing. Class may include sequences and/or held postures.

## STRENGTH

**Boot Camp** - This exercise class challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are an integral part of this program.

**Body Design** - This class is a non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing, or other equipment.

**HIIT w/Abs and More** - High Intensity Interval Training will enhance athletic capacity and fat burning with bursts of high-energy exercise followed by active recovery to improve endurance and build strength. Class may include cardiovascular and strength exercises.

**STRONG Nation® w/ CIRCL Mobility®** - A total-body HIIT style workout where every move is synced to the beat. This program was designed to help you burn fat, build lean muscle, and tone your abs, legs and glutes. Class will end with a focus on releasing stress, restoring your range of motion, and renewing your ability to move better, longer.

**Strength Train Together®** - Maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights, and body weight.

**Step Interval** - An aerobic class that utilizes choreography on a step platform throughout the workout class may include abdominal and muscle conditioning exercises.

**Tabata** - An advanced, intense interval workout alternating cardio and strength segments with brief periods of rest for improved aerobic and muscular endurance.