



Description of Aquatics Activities

- **Demo Group Swim Lesson**– We will have four swim instructors each teaching a demonstration lesson in the style of our Saturday Group Lessons. Our demo lessons will condense our usual Stages 0 to 6 into three stages of learning: Swim Starters, Swim Basics and Swim Strokes. Swim Starters (Stage 0), our parent and child lessons, introduce infants and toddlers to the aquatic environment by allowing them to become comfortable in water through fun and confidence building experiences. Swim basics will be broken down into two demo classes: a Stage 1 class, and a combined Stages 2 and 3 class. Students learn water safety skills such as “swim, float, swim” and “jump push turn grab” to achieve basic swimming competency. Swim Strokes (Stages 4, 5, & 6) introduces new swim strokes, stroke technique and building endurance in the water.
- **Demo Swim Camp**– Swim Campers experience a fun topic of the day related to swimming such as “Movement Monday” or “Water Safety Wednesday”. Our demo swim camp will be broken into three stages just like a typical day at this specialty camp: Stage 1, Stage 2, and Stage 3. Our swim instructors incorporate fun ways to build confident and stronger swimmers while at day camp.
- **Parent and Child Relay**– A fun event targeted for water-oriented families! During a day at the Y, we see lots of parents supporting their healthy lifestyle out at the pool while children are in school. Then, we see some of the same parents bringing their children to attend aquatics programs. Let’s bring everyone together for family fun with parent/child relay races!
- **Y Swim Meet**– Come and test how proficient your child’s swim skills are getting with this informally set race designed to not put any pressure on them while at the same time testing their skills in a way that they will be having too much fun to even know they’re being tested!



Find out more about our Aquatics Programs here:

www.mauiywca.org/aquatics

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