OUR MISSION:
The YMCA is dedicated to putting Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

WHO WE ARE:
The YMCA of Greater New Orleans is a non-profit community committed to serving our neighbors, supporting them in reaching their wellness goals, and connecting them to the resources needed to live a healthy, fulfilling life.

People of all faiths, abilities, and cultures are welcome in our YMCA.
Aquatic safety is vitally important to fulfilling the Y’s mission and cause. Because Ys are devoted to the well-being of every person involved in Y programs, ensuring safety is an important part of what Ys do every day—whether teaching a child to swim, training a lifeguard, or maintaining aquatic facilities. This is why Y-USA provides a comprehensive plan to help Ys manage aquatic safety to meet the needs of all.

Visit www.ymcaneuworleans.org for up to date pool hours and weather closures!
GROUP SWIM LESSONS

Did you know the Y owns and operates more swimming pools than any other organization in the country?

We teach millions of children & adults to swim and be safe around the water each year.

The Y is America’s swim instructor not because we teach technical skills but because we realize that swimming and water safety programs provide an opportunity to teach much more than that.

HOW OUR APPROACH DIFFERS
Tested curricula, grounded in research, combined with our brand promise to strengthen community differentiate our swimming and water safety programs from those of other organizations.

USES SKILL-BASED INSTRUCTION
In skill-based instruction, a large portion of instructional time is dedicated to teaching students fundamental swimming skills. It is about teaching, practicing, and assessing these fundamental skills in multiple ways and through multiple activities. Instructors set customized expectations for students based on their ability, facilitate skill practice in multiple ways, and support students based on where they are so that they can be successful.

EMPHASIZES SAFETY AND ELEVATES CHARACTER
The curricula for both swim lessons and Safety Around Water include information and instruction not only in swimming skills and keeping students active and engaged but also in water and personal safety. The importance of asking permission to get into the water is emphasized with parents, students, and instructors at every lesson. Safety topics address issues that affect the day-to-day lives of students and their families. For example, boating is a popular activity. The vast majority of accidents while boating are preventable. By expanding people’s knowledge of boating safety principles, swimming and water safety programs help prevent needless accidents and save lives. In the swim lessons program, topics are taken a step further. In addition to safety topics, the curriculum for swim lessons integrates age-appropriate character development topics that allow the instructor and students to define, model, and celebrate the Y’s four core values: caring, honesty, respect, and responsibility.

ENGAGES FAMILIES
Engagement begins at home. In both swim lessons and Safety Around Water, comprehensive parent communication tools help parents understand what skills students learn at each stage and how those skills build on each other as students progress. In addition, the tools underscore the importance of other topics, such as water safety.

WHY IT MATTERS
YMCA Swim Lessons and Safety Around Water meet the mission and program objectives of our Movement. As a result, they make for an impactful experience for students and their families.

Benefits for Students
- Students begin with those skills they are ready to learn.
- Students achieve new skills often, which helps them build self-confidence.
- Students have fun and develop new friendships as they get to know one another through group activities.
- Students gain an important life skill that will keep them safe.

Benefits for Families
- Students learn in a student-centered, caring atmosphere and receive personalized attention.
- Lessons are developmentally appropriate and quickly and effectively teach swimming skills.
- Well-trained instructors prioritize safety and encourage students to develop a lifelong interest in aquatics.
- Y staff inform parents of students’ progress and actively encourage at-home activities and conversations related to swimming, water safety, and character development.
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.

**Swim Starters**

**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

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.

**Swim Strokes**

**Stage Descriptions**

**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.

**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.

**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 more information and lesson schedules, visit your local branch or ymcaneworleans.org/aquatics.
SELECTING THE PROPER STAGE FOR YOUR CHILD

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
- 6 years–12 years
  SCHOOL AGE: 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?

- 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

*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.
## WHAT WILL THEY LEARN?

### SWIM STARTERS
Parent & child lessons

- Blow bubbles on surface, assisted
- Front tow chin in water, assisted
- Water exit parent & child together
- Water entry parent & child together
- Back float assisted, head on shoulder
- Roll assisted
- Front float chin in water, assisted
- Back tow assisted, head on shoulder
- Wall grab assisted

### SWIM BASICS
Recommended skills for all to have around water

- Submerge bob independently
- Front glide assisted, to wall, 5 ft.
- Water exit independently
- Jump, push, turn, grab assisted
- Back float assisted, 10 secs., recover independently
- Roll assisted
- Front float assisted, 10 secs., recover independently
- Back glide assisted, at wall, 5 ft.
- Swim, float, swim assisted, 10 ft.

### SWIM STROKES
Skills to support a healthy lifestyle

- Submerge retrieve object in chest-deep water
- Front glide 10 ft. (5 ft. preschool)
- Water exit independently
- Jump, swim, turn, grab 10 yd.
- Swim on back 15 yd. (10 yd. preschool)
- Front crawl bent-arm recovery, 25 yd.
- Swimming 15 yd.
- Dive sitting
- Resting stroke elementary backstroke, 15 yd.
- Roll
- Tread water scissor & whip kick, 1 min.
- Breaststroke 25 yd.
- Butterfly kick, 15 yd.

### PATHWAYS
Specialized tracks

- Competition
- Leadership
- Recreation

For more information and lesson schedules, visit your local branch or ymcaneworleans.org/aquatics
THE RIGHT FIT FOR YOUR FAMILY
PRIVATE AND SEMI-PRIVATE LESSONS—ALL AGES

We offer private and semi-private swimming lessons for both adults and children, which is perfect if you prefer individual or small group instructor attention. Maybe you started learning to swim as a child, but never quite mastered it? Maybe you’re afraid of the water? Maybe your child is a little nervous about learning to swim, so you’d like to ensure they have special attention in a one-on-one or small group environment? Whatever the reason, we’re here to help you learn to swim confidently, with a certified and supportive instructor, so you can enjoy the beautiful bodies of water in our communities – whether it’s a pool, lake, or ocean.

PRIVATE LESSONS
• Four 30-minute one-on-one lessons tailored to your individual needs and goals.
  Members: $125
  Non-Members: $175
  + $25 registration fee

SEMI-PRIVATE LESSONS
• Four 30-minute one-on-one lessons tailored to your individual needs and goals.
• Must have 2 participants for a lesson. These lessons are usually purchased for siblings, friends, or spouses.
  Members: $100 per participant
  Non-Members: $125
  + $25 registration fee

FOR MORE INFORMATION, VISIT YOUR LOCAL BRANCH OR YMCANEWORLEANS.ORG/AQUATICS

ADAPTIVE SWIM LESSONS

The YMCA of Greater New Orleans offers adaptive swim lessons to children with special needs who are unable to participate in traditional swim lessons because of learning disabilities, hyperactivity, physical limitations, or developmental delays.

Offerings vary based on location.

Please contact Association Aquatics Director Rachael Jonas at rachaelj@ymcaneworleans.org to discuss options and availability.

SCHOLARSHIPS AND FINANCIAL ASSISTANCE

Because the Y believes safety around water is something that every child deserves to know, we do have scholarships available. Please inquire at your local branch.
THE YMCA OF GREATER NEW ORLEANS IS COMMITTED TO REDUCING WATER-RELATED INJURIES, PARTICULARLY IN COMMUNITIES WHERE CHILDREN ARE MOST AT RISK. THE Y OFFERS SAFETY AROUND WATER, A PROGRAM TO ENGAGE PARENTS ABOUT THE IMPORTANCE OF WATER SAFETY SKILLS AND PROVIDE MORE CHILDREN ACCESS TO WATER SAFETY LESSONS.

AS PART OF THE PROGRAM, THE YMCA OF GNO WILL OFFER SCHOLARSHIPS TO CHILDREN FROM LOW-INCOME AND UNDER SERVED COMMUNITIES TO PARTICIPATE IN DISCOUNTED OR FREE WATER SAFETY LESSONS. THE LESSONS TEACH YOUNG PEOPLE VALUABLE SKILLS LIKE WHAT TO DO IF THEY FIND THEMSELVES IN THE WATER UNEXPECTEDLY, A SITUATION EVERY CHILD SHOULD BE EQUIPPED TO HANDLE.

THese CLASSES ARE JUST ONE OF THE MANY SWIM PROGRAMS THAT MILLIONS OF PEOPLE FROM TODDLERS TO ADULTS TAKE ADVANTAGE OF AT THE Y’S MORE THAN 2,200 POOLS ACROSS THE COUNTRY. HERE IN THE GREATER NEW ORLEANS AREA THE Y TEACHES OVER 1,300 CHILDREN WATER SAFETY AND SWIMMING EACH YEAR. THROUGH SAFETY AROUND WATER, THE Y HOPES TO FURTHER BRIDGE CULTURAL AND ACCESS GAPS THAT CAN PREVENT SOME CHILDREN FROM LEARNING IMPORTANT WATER SAFETY SKILLS.
MAKE A SPLASH!
YMCA SWIM TEAM

Our goal for this program is to provide an opportunity for the participants to set goals, work as a team, make friends, and improve their swimming skills. Additionally, children will have the opportunity to compete in 5 swim meets throughout our summer swim season. Participants will learn how to refine all competitive strokes, perform proper starts and turns, as well as build endurance.

We are a competitive swim league with YMCA teams representing each of our branches:

**BELLE CHASSE YMCA**
- **BARRACUDAS**

**EAST JEFFERSON YMCA**
- **RAYS**

**WEST ST. TAMMANY YMCA**
- **TIGER SHARKS**

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**Season Dates:** May 30 – August 5 (10 weeks)*

**Cost:** $175 members / $250 community participants

*Additional Winter and Fall seasons available at West St. Tammany YMCA. Additional Fall season available at Belle Chasse YMCA and East Jefferson YMCA. Please call or visit the branch for additional information.

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**Swim Team Requirements:**

**The ages for swim team are 6-17.** The 10 week season will start May 31st and run through August 6th. The Y will provide all practice equipment and coaching. The parents will need to provide a swimsuit, a swim cap, and goggles.

**Beginner Team**
- 25 meters (1 length) of each stroke:
  - Front crawl, back crawl, breast stroke, & a basic knowledge of butterfly.

**Advanced Team**
- 50 meters (2 lengths) of each stroke:
  - Front crawl, back crawl, breast stroke, & butterfly.

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"Swim team provides children of all ages a family environment to allow them to thrive in their aquatic endeavors. From learning more advanced strokes to improving their time, every swimmer has their own place on the team to learn at their own pace. Swim Team helps build self-confidence in every child who participates through self-paced accomplishments, relationship building, and education on healthy living. Healthy mind and body makes a happy swimmer."

- Corinne Roe,
  West St. Tammany YMCA Swim Coach
2017 Swim Meet Calendar

<table>
<thead>
<tr>
<th>Home Team*</th>
<th>Away Team</th>
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<tbody>
<tr>
<td>June 10</td>
<td>West St. Tammany YMCA</td>
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<tr>
<td></td>
<td>East Jefferson YMCA</td>
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<tr>
<td>June 17</td>
<td>East Jefferson YMCA</td>
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<td></td>
<td>Belle Chasse YMCA</td>
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<td>June 24</td>
<td>Belle Chasse YMCA</td>
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<td></td>
<td>West St. Tammany YMCA</td>
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<td>July 8</td>
<td>East Jefferson YMCA</td>
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<td></td>
<td>West St. Tammany YMCA</td>
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<td>July 15</td>
<td>West St. Tammany YMCA</td>
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<td></td>
<td>Belle Chasse YMCA</td>
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<tr>
<td>July 22</td>
<td>Belle Chasse YMCA</td>
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<tr>
<td></td>
<td>East Jefferson YMCA</td>
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</tbody>
</table>

*home team hosts meet

Meet Timeline
- 8:00 Pool deck opens for swimmers and spectators
- 8:15am: Warm ups
- 8:45am: Clear Pool
- 9:00am: Meet begins

To make swim meets fair and teach children about competition the following rules will be enforced for all swimmers at every swim meet. Infractions of these rules will result in disqualification from the event where the rule was broken.
1. During breast stroke and butterfly events all swimmers will perform two handed touches on each wall they touch during the race.
2. Swimmers will not false start (start before the whistle blows) on any individual race. Swimmers will not false start (start before the previous swimmer touches the wall) on any relay race.
3. Swimmers will not touch the bottom of the pool during the race. This includes standing on or stopping for any amount of time to touch the bottom of the pool.
4. Swimmers will not hold on to or use the lane lines, side of the pool, or bottom of the pool to propel themselves forward.

August 5
Championship Meet!
East Jefferson YMCA
VS
West St. Tammany YMCA
VS
Belle Chasse YMCA

Meet will be held at the East Jefferson YMCA
During this YMCA Lifeguard Certification Course, you will learn the following skills: Basic Life Support, Basic First Aid, how to utilize an AED and Emergency Oxygen in a time of need, how to prevent incidents, and how to recognize and respond to emergencies in the pool and around the deck. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments.

Participants MUST attend all course times and complete all online tutorials PRIOR to the first day of class. The pre-work will be sent out 7 days prior to the start of the course. The physical prerequisites for the course are:

- 16 years old or above
- Treading water for 2 min with no hands
- Two pool lengths of each: front crawl with head up, sidestroke, breaststroke, breaststroke with head up, and elementary backstroke kick with no hands
- Feet first and head first surface dive and sprint swim at least 60 feet
- Pick up object off of bottom of the pool (6 ft)
- Climb out of pool without assistance of ladder or steps
- Perform 100 compressions on a mannequin
- Listen to verbal directions given

TO REGISTER: Call or stop by the branch where the class is being offered or sign up online (REGISTRATION DEADLINE FOR EACH CLASS IS 1 WEEK PRIOR TO THE FIRST DAY OF CLASS. PAYMENT IS DUE UPON REGISTRATION).

* THERE ARE 8–9 HOURS OF ONLINE COURSE REQUIREMENTS THAT MUST BE COMPLETED PRIOR TO THE FIRST DAY OF CLASS. These will be emailed out one week prior to the beginning of the class.

Please contact Rachael Jonas at rachaelj@ymcaneworleans.org or 504-392-9622 with any questions.
REGISTER ONLINE at ymcaneworleans.org/lifeguard
EMPLOYMENT AT THE YMCA

Want to join a great organization dedicated to serving our community and gain valuable job skills?

We are currently seeking certified lifeguards and swim instructors for seasonal summertime employment. We offer several certification opportunities for those who are interested. The locations we are hiring for are:

- West St Tammany YMCA in Covington
- East Jefferson YMCA in Metairie
- Belle Chasse YMCA in Belle Chasse
- Port Sulphur YMCA in Port Sulphur
- Buras YMCA in Buras

Please contact Rachael Jonas with any additional questions at 504-392-9622 or rachaelj@ymcaneworleans.org

The YMCA is proud to be one of the largest employers of youth in our community. Each summer we employ more than 150 youth to work as lifeguards, swim lesson instructors, camp counselors and more!

We are proud to invest in these youths and help them to achieve certifications in lifeguarding, CPR and First Aid. We work to thoroughly train each individual and build strong foundations for their futures. We strive to develop strong leadership skills and character values in each youth we employ. Work at the Y is more than a summer job, its an opportunity for youth to serve and make an impact in their community.
RECREATIONAL SWIM AT THE Y: RULES AND SAFETY INFORMATION

LIFEGUARDS ARE THE FINAL AUTHORITY ON ALL POOL SAFETY RULES!

- Always walk. Running or rough housing is not allowed in the pool area.
- Please shower with soap before entering the pool.
- Only plastic water bottles allowed. No glass items allowed in pool areas. Other food or drinks are not permitted in the pool area, but may be allowed in designated areas near the outdoor pool. No gum.
- Diving is not permitted in the pool.
- Inflatables including water wings, rafts, and inner tubes are not permitted in the pool. Flotation devices must be coast guard approved.
- Long-term breath holding underwater is strictly prohibited.
- Appropriate swim attire must be worn in the pool. No cut-offs, street clothes, string bikinis or attire deemed inappropriate by YMCA staff. Please see the YMCA Swim Attire Guidelines at your branch for any questions.
- A swim test is required for all children 17 and under in order to swim without a lifejacket. If not passed, the child is required to wear a lifejacket at all times while in and around the pool. Please see updated swim test policy for specific rules.
- Children that are not potty trained must wear swim diapers while in the pool.
- Water contamination may cause the aquatic areas to be cleared/closed without notice. Please understand that this is in accordance with Health Department guidelines and is for the safety of everyone.
- When thunder or lightning is first noticed, pool activities will be suspended and all aquatic facilities will be evacuated until 30 minutes after the last sign of thunder or lightning. Aquatic staff with the help of supervisors will use technology to make the best judgment call of when to open the pool back up based upon how fast a storm moves through the area.

SWIM TEST POLICY

- ANY CHILD 5 AND UNDER MUST BE ACCOMPANIED BY A PARENT/GUARDIAN IN THE POOL AND THEY MUST BE WITHIN AN ARMS REACH AT ALL TIMES. GUARDIAN MUST BE AT LEAST 16 YEARS OLD. IF 16 OR 17 YEARS OLD, THEY MUST BE ABLE TO PASS THE YMCA SWIM TEST.
- ANY CHILD AGES 6-17 WILL BE REQUIRED TO TAKE THE YMCA SWIM TEST AT EACH FACILITY AT LEAST ONCE PER SWIM SEASON.

During your first visit of the season, you must take the YMCA swim test.
- A YMCA staff member will direct you to an Aquatics staff member who will administer your swim test.
- The YMCA swim test consists of:
  - Jump in feet first at the end of the lap pool
  - Fully submerge head and face underwater
  - Swim with a strong stroke (front crawl or breast stroke) 60 feet
  - Stop and tread water for 15 seconds
  - Swim back to the starting point
  - Get out of the pool
  - THE ENTIRE TEST MUST BE DONE WITHOUT TOUCHING THE BOTTOM OF THE POOL OR WALL.
- Upon completion of the swim test, you will be designated as 1) PASS or 2) NOT PASS.
- If you are designated as PASS, you will be given a PASS band and will be granted full swim access.
- If you are designated as NOT PASS, you will be required to:
  - Wear a NOT PASS band
  - Wear a US Coast Guard approved life jacket (one will be provided to you to use during your visit, if needed)
  - Remain in water not deeper than your shoulders
  - Remain in designated areas of the pool (aquatics staff will inform you of these areas)
  - For each subsequent visit, your swim test designation will be available at the front desk and staff will provide you the appropriate band. YOU MUST GET YOUR BAND BEFORE GOING TO THE POOL.
  - You may be retested once each day.
THE WORLD IS 71% WATER

YOUR CHILDREN ARE 100% CURIOUS

Teach your children water safety and let them explore all their possibilities. THE Y IS HERE TO HELP.

YMCA OF GREATER NEW ORLEANS

BELLE CHASSE YMCA
8101 Highway 23
Belle Chasse, LA 70037
(504) 392-9622

EAST JEFFERSON YMCA
6691 Riverside Drive
Metairie, LA 70003
(504) 888-9622

WEST ST. TAMMANY YMCA
71256 Francis Rd.
Covington, LA 70433
(985) 893-9622

BURAS
PLAQUEMINES PARTNERSHIP YMCA
36342 Hwy 11
Buras, LA
(504) 564-0591

PORT SULPHUR
PLAQUEMINES PARTNERSHIP YMCA
278 Civic Dr.
Port Sulphur, LA 70083
(504) 564-0911