



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREE SWIM LESSONS

## SWIMMING IS AN ESSENTIAL SKILL NOT A PRIVILEGE

Funding provided by the American Rescue Plan Act (ARPA) administered by the Connecticut Department of Energy and Environmental Protection (DEEP).

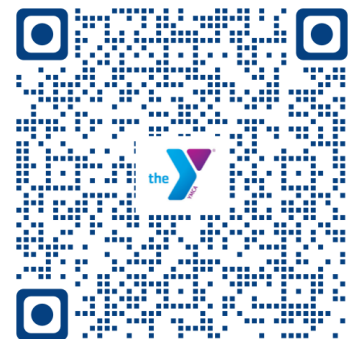


The Meriden–New Britain–Berlin YMCA has been awarded the Connecticut State Alliance of YMCA’s DEEP grant for the DEEP Free Swim Lesson program. This grant is made possible through funding provided by the American Rescue Plan Act (ARPA) and administered by the Connecticut Department of Energy and Environmental Protection (DEEP).



Those who qualify may receive free swim lessons. The Meriden–New Britain–Berlin YMCA offers swim lessons for ages 6 months and up for all levels.

- For age 17 or under
- Live in Meriden
- Either eligible for SNAP benefits (demonstrated by letter of eligibility), living in a QCT (determined by address or registration and verified on [HUD website](#)) or recommended to the program by a State Agency or Pupil Service on behalf of a Board of Education.
- Lessons are once per week for seven weeks



Please call us at (203) 235-6386 for more information.

Scan the QR code for more information.

MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.

MERIDEN YMCA  
110 West Main Street  
Meriden CT 06451  
203 235 6386  
[www.meridenymca.org](http://www.meridenymca.org)

NEW BRITAIN-BERLIN YMCA  
50 High Street  
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## Swim Class Levels and Descriptions

### Swim Starters – For ages 6 months to 36 months (Children participate with a parent in the water)

**A/ Water Discovery:** Introduction to the aquatic environment through exploration & fun while learning about the water.

**B/ Water Exploration:** Exploring body positions in the water, floating, blowing bubbles, & fundamental safety skills.

### Preschool Swim Lessons – For ages 3 to 5

**Stage 1/ Water Acclimation:** Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for the child future progress in swimming.

**Stage 2/ Water Movement:** 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.

**Stage 3/ Water Stamina:** 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.

### School Age Swim Lessons – For ages 6 – 10 and 10 & over

**Stage 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.

**Stage 2/ Water Movement:** Students focus on body position & control, directional change, & forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**Stage 3/ Water Stamina:** 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.

**Stage 4 /Stroke Introduction:** Students 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.

**Stage 5/Stroke Development:** Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues.

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