

LESSONS FOR LIFE

SWIM LESSONS AT THE Y



6 months - 2 years

SKIP - The primary objective is to get both the parent and child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides the child through aquatic skills. The child will be exposed to songs and games that use basic movements in the water such as kicking, arm strokes, and breath control. Please dress your child in a swimming diaper and/or plastic pants. Both parents are welcome to accompany their child into the pool.

3 years - 5 years

PRE PIKE - A transition from SKIP, this level will prepare your child for the structure of our PIKE class. For children who may not be ready for the PIKE Class. Your child will be taught pool rules, front and back floats, water entry, how to swim on his/her stomach and back and fun water games.

PIKE - Designed for new and first time swimmers. Children develop safe pool behavior and develop independent movement in the water. Basic paddling and kicking skills along with paddling on the back for five yards with assistance will be taught; comfort in the water, blowing bubbles, and immersing face in the water.

EEL - Children begin to learn how to swim near horizontal, paddle 15 yards on their front, back, and side with minimal assistance, and jump in without assistance. Children will be introduced to the back scull and CPR.

RAY - Children will become more independent by swimming 15 yards unassisted on front, back, and side stroke, floating on front and back for 30 seconds unassisted, and treading water for 30 - 60 seconds; introduction to rotary breathing. Children will also observe CPR and First Aid.

STARFISH - Children refine front crawl with rotary breathing, back crawl, side stroke, breast stroke, and elementary backstroke for 25 yards; front and back float for one minute, kneeling dive with assistance.

6 years - 12 years

POLLIWOG - This is the beginning level for school-age children who have not taken YMCA swim lessons. Children will refine front crawl with rotary breathing, back crawl, side stroke, breaststroke, and elementary backstroke for 25 yards; front and back float for one minute; kneeling dive with assistance.

GUPPY - Children will learn to swim of 50 yards front crawl, 25 yards breast stroke, and 25 yards flutter kick. They will learn to do a front and back somersault, as well as a kneeling dive.

MINNOW - Children will learn to swim 50 yards of front and back crawl, breast stroke, side stroke, and elementary backstroke; tread water for one minute; perform kneeling dive; and be introduced to the dolphin kick.

FISH - Children will continue to perform front and back crawl, breast stroke, elementary back stroke, and side stroke while adding the appropriate turns and building endurance to 100 yards. Children will learn to perform front and back floats for six minutes; be introduced to the butterfly stroke and head and feet first sculling; kneeling dive and swim down 6 - 8 feet.

FLYING FISH - Children will develop the ability to perform more complex combinations of swimming movements; swimming 100 yards of front and back stroke with bilateral breathing, breast stroke, elementary backstroke, side stroke for 50 yards, butterfly for 25 yards; perform a flip turn for front and back crawl.

SHARK - Children will refine strokes and turns by swimming 150 yards of front and back crawl with flip turns, and breast stroke with pull outs; swim 50 yards of butterfly stroke; swim 200 yards of individual medley: butterfly, back stroke, breast stroke, and front crawl.

* Age is determined by the child's age on the first day of class.

YMCAs are world pioneers in swimming instruction and water safety. For more than 100 years, local Ys have been the place Americans go to find the most trusted instructors of swimming and lifeguard training, so much that the YMCA has been called "America's Favorite Swim Instructor." At YMCAs, children and adults not only learn how to swim, but also learn about themselves, safety and rescue skills, and water activities that can be enjoyed for a lifetime. YMCAs also offer water fitness classes and competitive swim programs for youth and adults.

CLASS SCHEDULE

	WEDNESDAY	SATURDAY
PARENT/CHILD		
Skip	5:30 - 6:00 pm	10:45 - 11:15 am
PRE-SCHOOL		
Pre-Pike	6:00 - 6:30 pm	9:30 - 10:00 am
Pike	6:30 - 7:00 pm	9:30 - 10:00 am
Eel	7:00 - 7:30 pm	10:45 - 11:15 am
Ray/Starfish		11:15 - 11:45 am
YOUTH		
Polliwog	5:30 - 6:15 pm	10:00 - 10:45 am
Guppy	6:15 - 7:00 pm	10:00 - 10:45 am
Minnow/Fish	7:00 - 7:45 pm	8:45 - 9:30 am
Flying Fish/Shark		11:15 - 12:00 pm
TEEN/ADULT		
All		8:00 - 8:45 am

OVERVIEW

PARENT/CHILD SWIM PROGRAM:
6 months - 2 years

Children must be accompanied by a parent or trusted adult at all times for the safety and comfort of each child. Parents learn to respect the value of games and play for the young child. Parents also discover that the best way to guide a child toward learning is through positive reinforcement and appropriate praise.

PRE-SCHOOL SWIM PROGRAM:
3 years - 5 years

In this program the children develop beginning swimming skills and learn about water and boating safety, emergency situations, use of personal-flotation devices and non-swimming rescues. Activities are centered around five main components: personal safety, personal growth, stroke development, water games and sports, and rescue.

YOUTH SWIM PROGRAM:
6 years - 12 years

These classes are participant-centered and use a problem-solving, guided-discovery teaching approach with an emphasis on learning, not on passing or failing. Activities are centered around five main components: personal safety, personal growth, stroke development, water games and sports, and rescue.

TEEN/ADULT SWIM PROGRAM:
13 years +

TOW: Helps non-swimmers become more comfortable in the water

Beginner: For those who are more comfortable in the water & would like to learn front and back crawl

Advanced: Improve front and back crawl and learn breast and side stroke.

PRICE

Registration is required for each session; your child may enroll in only one class per session.

MEMBER FEES:
\$25.00 per swimmer / per 8 week session

NON-MEMBER FEES:
\$45.00 per swimmer / per 8 week session

PRIVATE LESSONS:
\$36 per 50 minute lesson for one child

To add another child for a semi-private lesson: \$10 per additional child per 50 minute lesson. **Class schedule is subject to change.** Classes may be added or canceled depending on number of registrants. Any classes missed because of a holiday or pool closure will be made up on the last day of the session (the "fun" day).

2017 SIGN-UP DATES

MEMBER	NON-MEMBER
February 27	March 2
April 24	April 27
June 19	June 22
August 28	August 31
October 23	October 26

Age is determined by the child's age on the first day of class. Sign-ups must be completed prior to the first class.