

YSWIM LESSONS™

We build strong kids, strong families, strong communities.



JULY

DATES:

Tues/Thurs: July 6th– July 29th

Monday– Thursday: 10:15 & 11:00 a.m.

Session 1: July 5th– July 15th

Session 2: July 19th– July 30th

Member Registration: June 21st– July 2nd

Non-Member Registration: June 28th– July 2nd

Class Times:

(6mo –3yrs) Parent/ Child

Skip: **M-Th** 10:15-10:45

(3yrs-5yrs) Preschool

Pike: **M-Th** 10:15-10:45, **T/Th** , 4:30-5:00, 7:00-7:30

Eel: **M-Th** 10:15-10:45, **T/Th** , 4:30-5:00, 7:00-7:30

Ray: **M-Th** 10:15-10:45, **T/Th** 4:30-5:00, 7:00-7:30

Star: **M-Th** 10:15-10:45, **T/Th** 4:30-5:00, 7:00-7:30

(6yrs-12yrs) Youth

Polliwog: **M-Th** 11:00-11:45, **T/Th** , 5:05-5:50, 7:40-8:25

Guppy: **M-Th** 11:00-11:45, **T/Th** , 5:05-5:50, 7:40-8:25

Minnow: **M-Th** 11:00-11:45, **T/Th** , 5:05-5:50, 7:40-8:25

Fish: **M-Th** 11:00-11:45, **T/Th** 5:05-5:50, 7:40-8:25

Flying Fish: **M-Th** 11:00-11:45,

T/Th 5:05-5:50, 7:40-8:25

Reminders:

Only sign up for one class per month. We do this to allow as many participants in our lessons as possible.

Fees

Member \$10

Youth Member/Adult \$20

Non-Member \$35

Late registration \$10

Private Lesson Fees

One member one 30 min lesson- \$25

Two members one 30 min lesson \$35

One member 8 30 min lessons \$175

Two members 8 30 min lesson \$245

Both members must be in same family

Special Note

ONLY ONE SESSION PER MONTH!

Classes and times are subject to change.

Private Lessons are on a first come first serve basis.

Contact the Aquatics Department to sign up.

Levels and skills are listed under the skill requirement tab on the previous web page.

Classes are subject to cancellation due to weather or pool closing, canceled lessons will be rescheduled. We will try to make up all canceled classes, but we only guarantee one make up lesson due to cancellation per session.

There will be no refunds once classes begin.

Suggested Requirements

PRE-SCHOOL 3yrs. – 5yrs.

PIKE : Beginner Level

- No swimming skills required
- Introduction to water and swimming

EEL : Intermediate Level

- Ability to put face in the water
- Should be comfortable in water
- Ability to float on front and back without hesitation
- Ability to swim with float belt without assistance
- Ability to swim short distance without float belt

RAY: Intermediate/Advanced

- Should be very comfortable in water
- Ability to swim width of pool on front and back without a float belt and without assistance.

RAY/STARFISH : Advanced Level

- Should be very comfortable in water
- Ability to swim width of pool on front and back without a float belt and without assistance.

STARFISH: Highest Preschool Level

- Should be able to swim 25 yards on front, back, and side with no floatation and no assistance.
- Should be able to tread water for 30 seconds.
- Swim to touch the bottom in 4 foot of water.
- Tread water for 30 seconds with no assistance.

YOUTH 6yrs. – 12yrs.

POLLIWOG : Beginner Level for Ages 6 and Older

- No swimming skill requirements
- Introduction to water and swimming

GUPPY : Beginner Level for Ages 6 and Older

- Should be comfortable in water
- Ability to swim on the surface without a float belt on stomach and back the width of the pool

MINNOW : Intermediate Level

- Ability to swim with face in the water
- Should have elementary knowledge of freestyle, backstroke, sidestroke, and breaststroke.
- Endurance to swim length of pool with multiple strokes

FISH : Advanced

- Should know and be able to confidently swim the following strokes:
 - ◆ Freestyle with rotary breathing (to the side)
 - ◆ Backstroke
 - ◆ Breaststroke
 - ◆ Sidestroke
- Ability to tread water for 1 minute
- Endurance to swim multiple lengths of pool

FLYING FISH : Advanced

- Should have advanced knowledge of strokes as well as performance
- Ability to tread water for 3 minutes with multiple kicks
- Strong endurance for continuous swimming

SHARK : Highest Level

- Mastery of all skills and strokes
- Ability to tread water for over 6 minutes
- Ability to incorporate flips turns into swimming
- Extremely strong endurance to swim a 500 yards



YMCA

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