

SWIMMING LESSONS

FOR HEALTHY LIVING -Improving the nation's health and well-being.

SESSION DATES:

WINTER (8wks) January 2nd-February 26th

Fee: \$52.00 Members • \$88.00 Program Members

UNDER AGE 3 PROGRAMS

These classes are designed to increase the bond between parent and child, create a positive experience for the child in the water, and to introduce basic aquatic safety. This program helps parents form reasonable and healthy expectations of their child's progress through song, games and fun activities. Classes focus on fun, exercise, parent education and water adjustment.

SKIPS

(6 - 30 mos. - Parent and Child)

Parents and babies are introduced to the water and water safety. Instructors emphasize a positive and enjoyable experience through songs and games

Parents and toddlers explore the pool environment together with purposeful movements and basic water skills such as kicking, breath control and balance.

PERCH

(2-3 yrs. Parent and Child)

This class assists parents and preschoolers age 2 yrs and up with the transition from parent/child to teacher/child lessons. Instructors emphasize listening skills and patience as children begin to take some responsibility for safe practices.

PIKE WITH PARENT

(Beginners ages 2^{1/2} - 5 yrs.)

For the child who uses full bubble and is uncomfortable getting their face wet. This class will help a hesitant child transition from Perch to Pike once they are 3 years old.

PRESCHOOL AQUATICS

(ages 3 to 6 yrs.)

These classes are designed to develop fundamental swimming skills. These skills can be used in water recreational activities that they will enjoy when they are older and help to form a foundation for swimming as a lifelong physical fitness activity. This program is without parental participation. However, parents are encouraged to watch from the balcony located on the 2nd floor.

PIKE

Beginners

For the child who uses full bubble and maybe is uncomfortable getting their face wet.

Financial Assistance is Available.

EEL

Advanced beginners- uses small bubble, swims alone in a horizontal position and likes to get their face wet.

RAY / STARFISH

Intermediate to Advanced

Can swim 10' without a bubble on front and back. Child is very comfortable going under water.

Jumps into deep water and swims 50' on front and back without a bubble, using rhythmic breathing.

PROGRESSIVE SWIM LESSONS

(ages 6 to 13 yrs.)

POLLIWOG I

Designed for children who cannot swim alone or are uncomfortable in the water. This level will teach water adjustment, front and back beginner stroke and water safety. Bubbles are used when necessary.

POLLIWOG II

At this level children need to be able to swim with out flotation device with face in the water 15 yards. Teaching front crawl, rotary breathing, backstroke & endurance. Introduction to breaststroke and butterfly.

GUPPY

For those who can swim front crawl with rotary breathing & Backstroke 25 yards. This class focus on streamlining crawl with rotary breathing, back stroke, breaststroke, endurance & intro to butterfly .

MINNOW...SHARK

For those who have passed Guppy or can swim two lengths crawl stroke with rotary breathing and two lengths kicking and swimming on their backs. This level will focus on the breast stroke kick, dolphin kick, refinement of existing strokes and increasing endurance. Class time is 45 minutes.

See page 9 for information on how you can host a pool party at the Y!

PRIVATE & SEMI-PRIVATE SWIM LESSONS

This program is for all ages. Lessons are tailored for individual needs for both swimmers and non-swimmers. Timed to fit your schedule, lessons are 30 minutes in length. Please complete a private/semi private request form at the front desk. ***Lessons are scheduled on a first come first served basis after the first week of each session and based on the availability of pool time and instructor.***

You will get a call from the Assistant Aquatics Director, Jen Malone during the 1st week of the session.

Fee: Members

Private Lessons 1-class: \$21

Semi-Private Lessons -2 swimmers - \$10.50/swimmer per class

Program Members

Private Lessons 1-class: \$26

Semi-Private Lessons -2 swimmers - \$13/swimmer per class

ADAPTED SWIM LESSONS

(Ages 10-15yrs) limit 4 per class

This is for individuals who have special needs that can be met through a slower paced class. A parent or responsible adult needs to participate in the water with the adult. For more information contact Rebecca Stephens, Aquatics Director, 228-YMCA (9622) ext. 150.

HOME SCHOOL SWIM LESSONS

Ages 5-14 (limit 6 per class)

Home School 1 - Beginner

(Pike, Eel, Polliwog I) Swimmers

Home School 2 - Advanced Beginner

(Ray, Starfish, Polliwog II, Guppy)

Home School 3 - Advanced

(Minnow and higher)

ADULT LESSONS - 14yrs -Adult

Learn the basic skills or refine your strokes. We can make you feel comfortable in the water or show you how to intensify your workout.

Beginner/Non-Swimmer

Wednesday: 9:15-9:45 AM

Beginner/Advanced Beginner

Saturday: 9:15-9:45 AM

NEW!! Triathlete Swim

Intermediate/Advanced

Wednesday 6:30 -7:00 PM