



# Swim Lessons Schedule

SPRING 2012 Group Lessons

SPRING 2012	MARCH SESSION	MARCH/APRIL/MAY SATURDAY SESSION	APRIL SESSION	MAY SESSION
<b>SESSION DATES</b>	Mar 5 - Apr 5 No lessons during Spring Break Mar 12-16	Mar 24 - May 19 No lesson Apr 7	Apr 9 - May 3	May 7 - Jun 1 No lesson May 28 Make-up day is Friday, May 11
<b>PARENT/CHILD CLASSES 6-36 MONTHS</b>	M/W 10:45am - 92713  T/TH 5:40pm - 92714	N/A	M/W 10:45am - 92962  T/TH 5:40pm - 92963	M/W 10:45am - 95218  T/TH 5:40pm - 95219
<b>PRE-SCHOOL CLASSES 3-5 YEARS</b>	M/W 11:25am - Pike/Eel - 92715 12:05pm - Ray/Starfish - 92722 5:00pm - Pike/Eel - 92718 5:40pm - Ray/Starfish - 92723 6:20pm - Pike/Eel - 92719  T/TH 10:45am - Pike/Eel - 92720 11:25am - Pike/Eel - 92721 12:05pm - Ray/Starfish - 92724 5:00pm - Pike/Eel - 92717 5:40pm - Ray/Starfish - 92725	SAT 8:00am - Pike/Eel - 92734 8:40am - Pike/Eel - 92735 9:20am - Ray/Starfish - 92736	M/W 11:25am - Pike/Eel - 92964 12:05pm - Ray/Starfish - 92970 5:00pm - Pike/Eel - 92965 5:40pm - Ray/Starfish - 92971 6:20pm - Pike/Eel - 92966  T/TH 10:45am - Pike/Eel - 92967 11:25am - Pike/Eel - 92968 12:05pm - Ray/Starfish - 92972 5:00pm - Pike/Eel - 92969 5:40pm - Ray/Starfish - 92973	M/W 11:25am - Pike/Eel - 95220 12:05pm - Ray/Starfish - 95226 5:00pm - Pike/Eel - 95221 5:40pm - Ray/Starfish - 95227 6:20pm - Pike/Eel - 95222  T/TH 10:45am - Pike/Eel - 95223 11:25am - Pike/Eel - 95224 12:05pm - Ray/Starfish - 95228 5:00pm - Pike/Eel - 95225 5:40pm - Ray/Starfish - 95229
<b>YOUTH CLASSES 6-12 YEARS</b>	M/W 5:00pm - Polliwog/Guppy - 92726 5:40pm - Polliwog/Guppy - 92727 5:40pm - Minnow - 92729 6:20pm - Minnow - 92730  T/TH 5:00pm - Polliwog/Guppy - 92728 5:40pm - Minnow - 92731 6:20pm - Fish/Flying Fish - 92732	SAT 8:40am - Polliwog/Guppy - 92737 9:20am - Minnow - 92738 10:00am - Fish/Flying Fish - 92739	M/W 5:00pm - Polliwog/Guppy - 92974 5:40pm - Polliwog/Guppy - 92975 5:40pm - Minnow - 92977 6:20pm - Minnow - 92978  T/TH 5:00pm - Polliwog/Guppy - 92976 5:40pm - Minnow - 92979 6:20pm - Fish/Flying Fish - 92980	M/W 5:00pm - Polliwog/Guppy - 95233 5:40pm - Polliwog/Guppy - 95234 5:40pm - Minnow - 95236 6:20pm - Minnow - 95237  T/TH 5:00pm - Polliwog/Guppy - 95235 5:40pm - Minnow - 95238 6:20pm - Fish/Flying Fish - 95239
<b>ADULT 13 YEARS &amp; UP</b>	M/W 6:20pm - 92733	SAT 8:00am - 92740	M/W 6:20pm - 92981	M/W 6:20pm - 95240

**CLASSES** Choose from Mon/Wed, Tue/Thurs or Saturday sessions. Fridays are reserved for make-up days in case of inclement weather.

**LOCATION** All sessions are held in the INDOOR pool.

**FEES** \$60 Facility Members | \$120 Program Members. Sessions consist of eight 30-minute lessons. We guarantee 6 out of 8 lessons.

**CLASS LEVELS** Register for the level within your child's age group not the time slot. (See back for details) The instructors reserve the right to move students around if they are not registered for the correct level.

**REGISTER** Register at the YMCA Welcome Center or skip the lines and register online at [www.registerymca.org](http://www.registerymca.org) using course numbers above. *Private Lessons also available—see details on separate flyer.*

**CANCELLATIONS/CLOSINGS** The pool will close if we see lightning or hear thunder. Cancellations will be determined 15 minutes prior to the lesson. Classes that meet at least half of their scheduled time will not be made up. Missed classes due to scheduling conflicts or illness will not be rescheduled. Cancellations must be made at least 24 hrs in advance or your refund will be prorated. Refunds will not be granted after the session has started.

# Swim Lesson Skill Level Details

## Preschool Skill Levels

### **PIKE**

This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.

### **EEL**

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water and able to swim five feet with faces in the water and no flotation device. Children are taught to float, kick, and perform progressive arm movements across the pool.

### **RAY**

For children who can swim 15 feet with faces in the water and no flotation device. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water skills .

### **STARFISH**

For children who can swim 20 feet without flotation device on front, back and side. This advanced level refines strokes.

## Youth Skill Levels

### **POLLIWOG**

This is the beginning level for school-age children. Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

### **GUPPY**

The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. For children able to swim 20 feet without a flotation device. Teachers swimming on front, back and side and taking a breath while swimming.

### **MINNOW**

This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. For children able to swim 25 yards on front and back with or without a flotation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, beginning breaststroke.

### **FISH**

For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes .

### **FLYING FISH**

At this advanced level, students work on refining their strokes and increasing their endurance. For children able to swim 50 yards front crawl, back crawl, breast stroke, elementary backstroke, sidestroke and 15 yards butterfly; teaches water rescues, snorkeling and endurance.