



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LEARN TO SWIM AT THE Y

**SWIM, SPORTS, & PLAY
Swim Lessons-Winter 2012**



Session Start Date	SAVE \$\$ REGISTER EARLY Early Registration Price: Facility/Program	Regular Registration Price: Facility/Program
M & W 5/2-5/30 (make up 6-1) T & Th 5/8-5/31	Starts: 4/9/2012 \$45 / \$90	Starts: 4/16/2012 \$55 / \$100
Fri 5/4-6/15 Sat 5/5-6/16 Sun 5/6-6/17	Starts: 4/11/2012 \$45 / \$90	Starts: 4/18/2012 \$55 / \$100
M & W 6/4-6/27 T & Th 6/5-6/28	Starts: 5/4/2012 \$45 / \$90	Starts: 5/11/2012 \$55 / \$100
Fri 6/22- 8/10 Sat 6/23 -8/11 Sun 6/24- 8/12	Starts: 5/22/2012 \$45 / \$90	Starts: 5/29/2012 \$55 / \$100
Mon-Thurs 6/4-6/14 6/18-6/28	Starts: 5/4/2012 \$45 / \$90	Starts: 5/11/2012 \$55 / \$100
M & W 7/2-7/25 (make up7/6) T & Th 7/3-7/26	Starts: 6/2/2012 \$45 / \$90	Starts: 6/9/2012 \$55 / \$100
M & W 7/30-8/22 (make up7/6) T & Th 7/31-8/23	Starts: 6/23/2012 \$45 / \$90	Starts: 6/30/2012 \$55 / \$100

Pre-School Swim Lessons: Age 6 months–5 years



Parent Tot – (6-36 months) This class emphasizes basic water safety, water orientation and a positive experience. It is not designed to teach a child to swim. Games, songs and basic aquatic movements are introduced at this level.

M/W 11:00 & 6:30p-7:00p
Sat 10:20a-10:50a
SUN 3:10p-3:40p

Too Much Fun (24-36 months) This is an introductory class for children with parents' participation. Children will learn to blow bubbles, put their face in the water, and kick properly.

M/W 11:00 6:30p-7:00p
Sat 10:20a-10:50a
SUN 3:10p-3:40p



pike

Pike– (3 -5 years) This level is for the beginner. The main emphasis at this level is to help the child develop safe pool behavior, adjust to the water, and develop independent movement in the water. Pike teaches basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with putting the face in the water while blowing bubbles and swimming. **No skills required.**

M/W 12:00a-12:30a
4:30-5:00p (2 classes)
T/Th 4:30-5:00p (2 classes)
SAT 9:10a-9:40a or 9:45a-10:15a
10:20a-10:50a; 10:55a-11:25a
SUN 3:45p-3:15p



eel

Eel – (3 -5 years) This is an advanced beginner level for the swimmer who can move through the water independently with or without the aid of a float belt. Children are taught to dive, float, and perform the progressive paddle stroke. They will also learn basic boating safety and use of PFDs. **Required skills:** The child must be able to swim 10 yards on their front, back, and side with a float belt & 5 feet without one.

M/W 5:05p-5:35p
Fri. 4:00p-4:30p
Sat 9:10a-9:40a or 9:45a-10:15a



rays

Ray – (3 -5 years) This is an advanced intermediate level. At this level, children improve stroke skills (including rotary breathing), learn more personal safety, rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform kneeling and standing dives. **Required skills:** The child must be able to swim 25 yards on their front, back, and side with a float belt & 15 feet without one.

M/W 5:05p-5:35p
Fri. 4:00p-4:30p
Sat. 9:45a-10:15a



starfish

Starfish - (3 -5 years) This is an advanced level for children who are comfortable in the water. Emphasis will be placed on endurance, front and back crawl, modified breaststroke and butterfly, and personal safety and rescue skills. **Required skills:** The child must be able to swim 25 yards with an IFD and 20 ft. without one.

M/W 5:05p-5:35p
Fri. 4:00p-4:30p
Sat. 9:45a-10:15a

Youth and Adult Swim Lessons: Age 6 and Up



polliwogs

Polliwog (Beginner) 6-12 years: **No skills required.** Child will be introduced to the front crawl, front & back floats, putting his/her face in the water, and personal safety skills.

T/TH 5:05p-5:50p
SAT 10:55a-11:40a
SUN 1:30p-2:15p



guppies

Guppy (Advanced Beginner) 6-12 years: **Skills required:** Child can blow bubbles, put head under water, float, and paddle without assistance. He/she will learn rotary breathing, develop front crawl stroke, sitting dives, survival float for one minute & treading water.

T/Th 5:05p-5:50p
Fri 4:35p-5:20p
Sat 10:55a-11:40a
SUN 2:20p-3:05p



minnows

Minnow (Intermediate) 6-12 years: **Skills required:** Child can swim one length of the pool using the crawl stroke, rotary breathing and must perform the survival float for one minute. Child will learn to build endurance, reinforce the fundamentals of front and back crawl, elementary backstroke, and shallow diving. Rescue and safety skills will be emphasized.

T/Th 5:55p-6:40p
Fri 4:35p-5:20p
Sat 9:00a-9:45a



fish

Fish (Advanced Intermediate) 6-12 years: **Skills required:** Child can swim one length of the pool using the front and back crawl stroke and dive. He/she will build endurance in survival floating, treading water and lap swimming. He/she will be introduced to the breast stroke, dolphin kick and lifesaving skills.

T/Th 5:55p-6:40p
Fri 4:00p-4:30p
Sat 9:00a-9:45a



flying fish

Flying Fish (Advanced) 6-12 years: **Skills required:** Child can swim two lengths of the pool using the front crawl, back crawl and breaststroke. He/she can survival float for seven minutes and tread water for three minutes. He/she will learn butterfly, reinforce breaststroke skills, increase endurance, and learn lifesaving skills.

T/Th 5:55p-6:40p
Fri 4:00p-4:30p
Sat 9:00a-9:45a



shark

Shark (Advanced) 6-12 years: **Skills required:** Child has excellent front and back crawl and good coordination in breaststroke/butterfly; can survival float for 15 minutes and tread water for 4-minutes; will increase endurance; learn starts, turns, lifesaving, stroke development, surface dives, advanced rescue, personal safety, and first aid.

T/Th 5:55p-6:40p
Fri 4:00p-4:30p
Sat 9:00a-9:45a

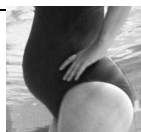
Youth Stroke Clinic 13-18 years: Build endurance & the perfect stroke.

M/W 5:45p-6:30p
T/Th 6:45p-7:30p



Adult Beginner & Intermediate 13 years & Up Adult classes can be designed for your special needs. It's never too late to learn how to swim! These classes include safety skills, front crawl, elementary backstroke, and survival skills. Whether you're looking for your first swim class, or would just like to improve your stroke, we have a class for you.

T/Th 6:45p-7:30p-Beginner
Fri 6:00p-6:45p-Intermediate
Sat 10:55a-11:40a-Beginner



Mommies in Motion: This is a prenatal, instructional water class designed for women to maintain their physical fitness levels throughout their pregnancy. This energetic water fitness class will keep you in shape and provide a social support environment during your time of expectancy that will enhance your workout experience.

Coming fall 2012