

Swimming: Youth-Adult Swim Lessons

Youth ages 6-13 • Teen/Adult ages 13+ 45-min.

The National YMCA Youth Swim Program is comprised of five main components; personal growth, personal safety, stroke development, water games and rescue. Each skill level builds upon the preceding level with five levels covering all strokes and safety skills. Students are taught aquatic/rescue skills. *Please bring goggles to class!*

Weekdays, 1-4:	MEM \$60	PRO \$90
Weekday 5:	MEM \$45	PRO \$75
Saturdays 1-2:	MEM \$45	PRO \$75
Saturday 3:	MEM \$40	PRO \$70



Polliwog: Beginners! Learn basic water adjustment and exploration skills to become more comfortable in the water. Skills include: blowing bubbles, putting faces in the water, kicking, floating, gliding and beginners freestyle. Ideal for children with no previous experience or those unable to put their faces in the water.

MW: 4:00 pm, 5:00 pm • T/TH: 4:45 pm • SAT: 8:30 am

Guppy: This is an advanced beginner class for children who are comfortable in the water. Rotary breathing, freestyle and backstroke will be introduced.

MW: 4:45 • T/TH: 4:00 pm, 5:30 • SAT: 9:15 am, 10:00 am

Minnow: Must be able to swim both the freestyle and backstroke for 25 yards without stopping. Refine strokes and introduce breaststroke and breathing techniques.

MW: 4:00 pm, 5:00 pm • T/TH: 4:45 pm • SAT: 8:30 am

Flying Fish/Shark: At this level, students work on refining their strokes and increasing their endurance and will be introduced to the butterfly. Strokes are refined through drills and lap swimming to develop endurance.

MW: 4:45 • T/TH: 4:00 pm, 5:30 • SAT: 9:15 am

Stroke Clinic: to be eligible, each child must be able to pass Flying Fish/Shark requirements. This is our most advanced class, which focuses on the four major strokes (freestyle, backstroke, breaststroke, and butterfly) we will incorporate drills to improve stroke technique, work on appropriate turns, starts and breathing skills while building endurance and having fun!

MW: 6:15 pm • T/TH: 6:15 pm • SAT: 10:00 am

Adults: Teens/adults (afraid of or uncomfortable in the water) who would like to improve their strokes and endurance.

MW: 6:15 pm • T/TH: 6:15 pm • SAT: 10:45 am



Sessions & Registration

Weekdays

(4 weeks • Twice a week)

Session 1: Jan 4 – Jan 28

Register: MEM Dec 3 • PRO Dec 8
Jan 18 classes (MLK), moved to Friday

Session 2: Feb 1 – Feb 25

Register: MEM Jan 21 • PRO Jan 23

Session 3: March 1 – March 25

Register: MEM Feb 18 • PRO Feb 23

Session 4: March 29 – April 29

Register: MEM March 18 • PRO March 23
No classes the week of Spring Break

Session 5: May 3 – May 20

Register: MEM April 15 • PRO April 20

This is only a 3-week session

Saturdays

(5 or 6 weeks)

Saturday 1: Jan 9 – Feb 13

Register: MEM Dec 3 • PRO Dec 8

Saturday 2: Feb 20 – March 27

Register: MEM Dec 3 • PRO Dec 8

Saturday 3: April 17 – May 15

Register: MEM March 23 • PRO March 25

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2009 Chili Recipe Winner!

