



We build strong kids, strong families, strong communities.

## FALL 2008 Registration opens July 21

### Sessions

#### Weekdays

Mon/Wed or Tues/Thurs for 4 weeks

1. Sept 2 – Sept 25\*
2. Sept 29 – Oct 23
3. Oct 27 – November 20
4. November 24 – December 18\*\*

#### Saturdays

Saturdays for 4 weeks

1. Sept 6 – Sept 27
2. Oct 4 – Oct 25
3. Nov 1 – Nov 22

\*No class on Labor Day. M/W Class will be held on Friday, Sept 5 as a make up.

\*\*No class on Wednesday or Thursday, Nov 26 and 27. Make ups will be held on Friday, Dec 5.

*Note: No refunds for unattended lessons. Weekday classes canceled by the YMCA will be made up on the following Friday.*

### Swim Lesson Fees

**Weekday Sessions:** Facility Member \$60 · Program Member \$90  
**Saturday Sessions:** Facility Member \$40 · Program Member \$65

### Weekday Lesson Schedule

#### Mon/Wed

Pike	4:10-4:40
Eel	4:10-4:40
Stroke Clinic**	4:45-5:30
Ray/Star	4:45-5:15
Pike	5:35-6:05
Eel	5:35-6:05
Polliwog	6:10-6:55
Guppy	6:10-6:55
Adult Beginner	7:00-7:45

#### Tues/Thurs

Pike	4:10-4:40
Eel	4:10-4:40
Polliwog	4:45-5:30
Guppy	4:45-5:30
Ray/Star	5:35-6:05
Gym&Swim	5:35-6:05
Stroke Clinic**	5:30-6:15
Pike	6:10-6:40
Eel	6:10-6:40

\*\***Minnow, Fish, Flying Fish, and Shark** levels– Swimmers will review and refine all four competitive strokes while building endurance.

## Saturday Lessons

Parent-Tot	9:30 – 10:00 A
Two Much Fun	10:05 – 10:35 A
Pike	9:30 – 10:00 A (2) 10:05 – 10:35 A (2)
Eel	10:40 – 11:10 A
Ray/Starfish	10:40 – 11:10 A
Polliwog	11:15 A – 12:00 P
Guppy	11:15 A – 12:00 P
Minnow	12:05 – 12:50 P
Fish/Fly/Shark	12:05 – 12:50 P
Adult	12:55 – 1:40 P

## **Private Lessons: Age 3 – Adult** page 7

**Facility Members Only - Private Lessons \$120 - Semi-Private Lessons \$80/participant**

Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are available on a first come, first serve basis. Classes are scheduled when pool space and instructor availability permit. Three (3) hours of instruction, usually done in six 30-minute classes.

## **Pool Buddies:** page 7

**Facility Member \$65 - Program Member \$95**

3 or more participants. Four (4) hours of instruction, usually done in eight 30-minute classes.

## **Swim Team Sessions** page 7

**Facility Member \$ 195 - Program Member \$ 260**

Session 1: September 8 – November 20

Session 2: December 1 – February 19\*\*

\*no practice the week of Thanksgiving

\*\*no practice last two weeks of December

**Developmental Group Mon-Thurs 4:15-5:30** Swimmers must already be able to swim Freestyle and Backstroke one length of the pool. It will be a more relaxed practice, teaching the swimmers correct technique and further developing swim team style strokes. The first 15 minutes of practice we will do conditioning and strengthening exercises such as lunges, push-ups, running, and abdominal work to help give the swimmers an edge.

**Advanced Group Mon-Thurs 5:15-6:30** This group will do more of a swim team style practice, swimming laps, performing a workout with drills to perfect their strokes. This will be a more intense practice, and swimmers must be proficient in Freestyle, Backstroke, Breastroke, and have some knowledge of Butterfly. The first 15 minutes of practice, we will do conditioning and strengthening exercises such as lunges, push-ups, running, and abdominal work to help give the swimmers an edge.

# Adult Stroke Clinic

**Facility Member: \$20 Mondays, \$20 Thursdays, \$40 Both - Program Member: \$40 Mondays, \$40 Thursdays, \$80 Both**

## **Monday & Thursday nights @ 6:30 pm**

September 8 – October 2, 4 week session

October 6 – October 30, 4 week session

A great way to prepare for that triathlon or simply enhance your workout. Intermediate to advanced. Swimmers will review and refine all four competitive strokes while building endurance. All swimmers must be able to swim Freestyle and Backstroke one length of the pool.

# **CPR/AED Certification** page 7

**Facility Member \$50 - Program Member \$65**

September 20

October 18                      9-3 pm

November 15

December 20

Be prepared to respond to choking, heart attack, heart failure, and stroke. Participants will be certified in adult, child, and infant CPR. Learn to use an Automatic External Defibrillator, which is used to restart a stopped or abnormal heart rhythm. Upon successful completion of this course the participant will receive the following certificates: CPR and AED for the Community and Workplace. Valid for one year.