

Decatur-DeKalb Family YMCA Fall 2008

Swim Lessons



We build strong kids,
strong families,
strong communities

M/W or T/Th Sessions

1. August 18 - September 18
2. September 22 - October 16
3. October 20 - November 13
4. November 17 - December 18

No classes August 30 -
September 4 and November
24 - 29.

Friday or Saturday Sessions

1. August 22 - October 18
2. October 24 - December 20

No classes August 30 -
September 4 and November
24 - 29.



Parent/Tot 6 - 36 months

No skills required. Parent assisted program designed to build elementary swimming and safety skills. Children progress at their own rate and have fun too! It is a great way to introduce your child to the water.

M W	11:30 - 12:00
T Th	11:30 - 12:00
Sat	10:20 - 10:50



Pike 3 - 5 years

No skills required. Child will learn water readiness, to blow bubbles, to put head under water, proper kicking technique and to become independent of the swim belt.

M W	4:00 - 4:30; 4:30 - 5:00
Sat	9:45 - 10:15; 10:15 - 10:45



Eel 3 - 5 years

No skills required. Child can float on back and front with assistance, can put face in water and swim with a flotation device. In this class child will learn to bob, fin on back and swim without assistance.

M W	4:00 - 4:30
T Th	6:15 - 6:45
Fri	4:00 - 4:30
Sat	9:10 - 9:40; 9:45 - 10:15



Ray 3 - 5 years

Skills required. Child can swim without flotation belt, glide and float, jump in the water, and swim to the wall. In this class child will learn the front crawl, elementary backstroke and treading water.

M W	4:30 - 5:00
T Th	6:15 - 6:45
Fri	4:00 - 4:30
Sat	9:10 - 9:40; 9:45 - 10:15



Starfish 3 - 5 years

Skills required. child can tread water and swim 25 feet using a modified crawl stroke. In class he/she will learn survival floating, kneeling and sitting dives, and boating safety; learn to coordinate front crawl with rotary breathing while swimming 25 yards.

M W	4:30 - 5:00
T Th	6:15 - 6:45
Fri	4:00 - 4:30
Sat	9:10 - 9:40; 9:45 - 10:15



Polliwog 6 - 12 years

No skills required. Child will be introduced to the front crawl, front and back floats, putting his/her face in the water, and personal safety skills.

T Th	7:00 - 7:45
Sat	10:55 - 11:40



Guppy 6 - 12 years

Skills required. 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, and treading water.

T Th	7:00 - 7:45
Fri	4:45 - 5:30
Sat	10:55 - 11:40



Minnow 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; 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	7:45 - 8:30
Fri	4:45 - 5:30
Sat	9:00 - 9:45



Fish 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	7:45 - 8:30
Sat	9:00 - 9:45



Flying Fish 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	7:45 - 8:30
Sat	9:00 - 9:45



Shark 6 - 12 years

Skills required. Child has excellent front and back crawl as well as good coordination in breaststroke and butterfly; can survival float for 15 minutes and tread water for four minutes; will increase endurance; will learn starts, turns, lifesaving, stroke development, surface dives, advanced rescue skills, personal safety, and first aid.

T Th	7:45 - 8:30
Sat	9:00 - 9:45

Adult 13 years & up

Designated to develop basic swimming skills for the new participant and to refine skills for the more advanced swimmer.

T Th	7:45 - 8:30
Sat	10:55 - 11:40

Fees: Facility Member
\$45.00

Program Member
\$80.00

*Must have current YMCA facility or program membership to register. Program memberships are \$25 per individual and \$35 per family, per year.

Register Now.

No refunds or make-up dates for unattended classes.