


# YMCA Swim Lessons

## SUMMER SESSIONS (EACH SESSION IS 5 WEEKS)

Please stop by the Welcome Center for program details.

Swim Level	Day(s) and Time(s)	Session Dates	Class Description
<p><b>Pike</b></p>  <p><b>Ages 3 to 5</b></p>	<p><b>Monday and Wednesday</b> 5:00pm-5:30pm Members:\$80 Non-Members:\$100</p> <p><b>Tuesday and Thursday</b> 5:00pm-5:30pm Members:\$80 Non-Members:\$100</p> <p><b>Saturday</b> 10:00am-10:30am Members:\$40 Non-Members:\$50</p>	<p><b>Summer 1:</b> <b>May 3-June 12</b> <small>NO CLASSES MAY 29-JUNE 4</small></p> <p><b>Summer 2</b> <b>June 14-July 24</b> <small>NO CLASSES JULY 3-JULY 9</small></p> <p><b>Summer 3</b> <b>July 26 - August 28</b></p>	<p>If your child, has never been in the water, prefers not to get their face wet or can swim with a flotation device this beginner swimmer class will be a great water adjustment. Swimmers gain confidence as they are introduced to fundamental water skills.</p>

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<p style="font-size: 2em; color: red; font-weight: bold;">Eel</p>  <p style="color: red; font-weight: bold;">Ages 3 to 5</p>	<p style="color: green; font-weight: bold;"><i>Monday and Wednesday</i> 5:00pm-5:30pm Members:\$80    Non-Members:\$100</p> <p style="color: green; font-weight: bold;"><i>Tuesday and Thursday</i> 5:00pm-5:30pm Members:\$80    Non-Members:\$100</p> <p style="color: green; font-weight: bold;"><i>Saturday</i> 10:00am-10:30am Members:\$40    Non-Members:\$50</p>	<p style="color: red; font-weight: bold;"><i>Summer 1:</i> <i>May 3-June 12</i> <small>NO CLASSES MAY 29-JUNE 4</small></p> <p style="color: blue; font-weight: bold;"><i>Summer 2</i> <i>June 14-July 24</i> <small>NO CLASSES JULY 3-JULY 9</small></p> <p style="color: green; font-weight: bold;"><i>Summer 3</i> <i>July 26 – August 28</i></p>	<p>Eel is a program for swimmers who have completed, Pikes or can swim 10 feet front crawl independently without assistance.</p> <p>Swimmers will work to develop endurance on their front and back and be introduced to the crawl stroke (reaching arms out of water).</p> <p>They can also place their face in the water and swim 10 feet paddle stroke on front and back without a flotation device and jump into water with assistance.</p>

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<p style="font-size: 2em; color: red; font-weight: bold;">Ray</p>  <p style="font-size: 1.5em; color: red; font-weight: bold;">Ages 3 to 5</p>	<p style="color: green; font-weight: bold;"><i>Monday and Wednesday</i> 5:00pm-5:30pm Members:\$80    Non-Members:\$100</p> <p style="color: green; font-weight: bold;"><i>Tuesday and Thursday</i> 5:00pm-5:30pm Members:\$80    Non-Members:\$100</p> <p style="color: green; font-weight: bold;"><i>Saturday</i> 10:00am-10:30am Members:\$40    Non-Members:\$50</p>	<p style="color: red; font-weight: bold;"><i>Summer 1:</i> <i>May 3-June 12</i> <small>NO CLASSES MAY 29-JUNE 4</small></p> <p style="color: blue; font-weight: bold;"><i>Summer 2</i> <i>June 14-July 24</i> <small>NO CLASSES JULY 3-JULY 9</small></p> <p style="color: green; font-weight: bold;"><i>Summer 3</i> <i>July 26 – August 28</i></p>	<p>Ray is for children who have mastered the Eel level skills or can swim 15 feet of strong front crawl.</p> <p>Swimmers work on front and back crawl as well as developing endurance while swimming.</p> <p>Rotary breathing is introduced with the front crawl.</p>

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<p><b>Polliwog</b></p>  <p><b>Ages</b> <b>6 to 12</b></p>	<p><b>Monday and Wednesday</b> <b>5:35pm-6:05pm</b> <i>Members:\$80    Non-Members:\$100</i></p> <p><b>Tuesday and Thursday</b> <b>5:35pm-6:05pm</b> <i>Members:\$80    Non-Members:\$100</i></p> <p><b>Saturday</b> <b>10:35am-11:05am</b> <i>Members:\$40    Non-Members:\$50</i></p>	<p><b>Summer 1:</b> <b>May 3-June 12</b> <small>NO CLASSES MAY 29-JUNE 4</small></p> <p><b>Summer 2</b> <b>June 14-July 24</b> <small>NO CLASSES JULY 3-JULY 9</small></p> <p><b>Summer 3</b> <b>July 26 – August 28</b></p>	<p>Polliwog is the beginning level for school-age children with little or no experience in the water.</p> <p>This class is designed to get students comfortable in the water and to introduce the beginnings of front crawl, back crawl, personal safety in and around the water.</p> <p>Swimmers will work on building endurance without the aid of a flotation device.</p>

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# Guppy



**Ages  
6 to 12**

*Monday and Wednesday*

*5:35pm-6:05pm*

*Members:\$80    Non-Members:\$100*

*Tuesday and Thursday*

*5:35pm-6:05pm*

*Members:\$80    Non-Members:\$100*

*Saturday*

*10:35am-11:05am*

*Members:\$40    Non-Members:\$50*

*Summer 1:*

*May 3-June 12*

*NO CLASSES MAY 29-JUNE 4*

*Summer 2*

*June 14-July 24*

*NO CLASSES JULY 3-JULY 9*

*Summer 3*

*July 26 – August 28*

The guppies' class is for swimmers who have completed Polliwog/Eel or can swim 15 feet on their front without a flotation device.

Swimmers continue to build confidence in their abilities by practicing paddle stroke skills, floating and rotary breathing without the aid of floatation devices.

Swimmers learn new skills such as sidestroke, breaststroke, elementary backstroke, treading water and survival floating.

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<p><b>Minnow</b></p>  <p><b>Ages 6 to 12</b></p>	<p><b>Monday and Wednesday</b> 5:35pm-6:05pm Members:\$80 Non-Members:\$100</p> <p><b>Tuesday and Thursday</b> 5:35pm-6:05pm Members:\$80 Non-Members:\$100</p> <p><b>Saturday</b> 10:35am-11:05am Members:\$40 Non-Members:\$50</p>	<p><b>Summer 1:</b> <b>May 3-June 12</b> <small>NO CLASSES MAY 29-JUNE 4</small></p> <p><b>Summer 2</b> <b>June 14-July 24</b> <small>NO CLASSES JULY 3-JULY 9</small></p> <p><b>Summer 3</b> <b>July 26 – August 28</b></p>	<p>Minnow is for swimmers who can swim 25 yards strong front and back crawl.</p> <p>Minnows continues to develop endurance by swimming 25 yards to refine known strokes.</p> <p>During this intermediate level swimmers will also build onto synchronized swimming, wet ball, and diving skills.</p>

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<p><b>Fish</b></p>  <p><b>Advanced I</b> <b>Ages 6-12</b></p>	<p><b>Monday and Wednesday</b> <b>6:10pm - 6:40pm</b> <i>Members:\$80    Non-Members:\$100</i></p> <p><b>Tuesday and Thursday</b> <b>6:10pm - 6:40pm</b> <i>Members:\$80    Non-Members:\$100</i></p> <p><b>Saturday</b> <b>11:10am - 11:40am</b> <i>Members:\$40    Non-Members:\$50</i></p>	<p><b>Summer 1:</b> <b>May 3-June 12</b> <small>NO CLASSES MAY 29-JUNE 4</small></p> <p><b>Summer 2</b> <b>June 14-July 24</b> <small>NO CLASSES JULY 3-JULY 9</small></p> <p><b>Summer 3</b> <b>July 26 – August 28</b></p>	<p>Fish swimmers work on performing crawl stroke, elementary backstroke, back crawl stroke and sidestroke with turns. They are also introduced to the butterfly stroke.</p> <p>Swimmers continue learning additional synchronized swimming movements, wet ball skills and diving skills.</p> <p>Swimmers are introduced to the use of fins.</p>

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<p><b>Flying Fish</b></p>  <p><b>Advanced II</b></p>	<p><b>Not running summer sessions</b></p>	<p><b>Summer 1:</b>  <b>May 3-June 12</b>  <small>NO CLASSES MAY 29-JUNE 4</small></p> <p><b>Summer 2</b>  <b>June 14-July 24</b>  <small>NO CLASSES JULY 3-JULY 9</small></p> <p><b>Summer 3</b>  <b>July 26 – August 28</b></p>	<p>At this advanced level, students work on refining their strokes and increasing their endurance.</p> <p>They develop the ability to perform more complex combinations of synchronized swimming movements, and develop better wet ball playing skills.</p>

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<p><b>Shark</b></p>  <p><b>Advanced III</b></p>	<p><b>Not running summers sessions</b></p>	<p><b>Summer 1:</b> <b>May 3-June 12</b> <small>NO CLASSES MAY 29-JUNE 4</small></p> <p><b>Summer 2</b> <b>June 14-July 24</b> <small>NO CLASSES JULY 3-JULY 9</small></p> <p><b>Summer 3</b> <b>July 26 –August 28</b></p>	<p>The students at this level continue to improve their strokes with starts and turns and are introduced to the inverted breaststroke, the crawl, and the over arm sidestroke.</p> <p>Opportunities are provided for further work on synchronized swimming, wet ball and skin diving.</p>

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<p style="font-size: 2em; color: green; margin: 0;"><b>Parent Child</b></p>  <p style="color: red; font-weight: bold; margin: 10px 0;">Infants to age 3</p>	<p style="color: green; font-size: 1.5em; margin: 0;"><b>Saturday</b></p> <p style="color: green; font-size: 1.2em; margin: 0;"><b>11:10am-11:40</b></p> <p style="color: green; font-size: 0.9em; margin: 0;"><i>Members:\$40    Non-Members:\$50</i></p>	<p style="color: red; font-weight: bold; margin: 0;"><i>Summer 1:</i> <b>May 3-June 12</b></p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>NO CLASSES MAY 29-JUNE 4</i></p> <p style="color: blue; font-weight: bold; margin: 0;"><i>Summer 2</i> <b>June 14-July 24</b></p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>NO CLASSES JULY 3-JULY 9</i></p> <p style="color: green; font-weight: bold; margin: 0;"><i>Summer 3</i> <b>July 26 – August 28</b></p>	<p style="margin: 0;">This class introduces water in a fun way to infants, toddlers and a parent. Children learn basic arm and leg movements while singing songs and playing games. You and your child will have a comfortable and enjoyable introductory experience in the water.</p> <p style="margin: 10px 0;">Maximum number of students to instructor: 8 to 1.</p> <p style="margin: 0;">Pre-requisites: Children who are not toilet trained must wear a swim diaper and rubber pants under their swimsuits.</p>

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<h1 style="writing-mode: vertical-rl; transform: rotate(180deg); color: green;">Competitive Stroke</h1>	<p><b>Monday - Thursday</b>  <b>5:30 pm- 6:30 pm</b>  <i>Members:\$160    Non-Members:\$200</i></p>	<p><i>Summer 1:</i>  <b>May 3-June 12</b>  <small>NO CLASSES MAY 29-JUNE 4</small></p> <p><i>Summer 2</i>  <b>June 14-July 24</b>  <small>NOCLASSES JULY 3 -JULY 9</small></p> <p><i>Summer 3</i>  <b>July 26 – August 28</b></p>	<p><b>Ages 7 and UP</b></p> <p>This Pre- Swim Team class will practice 4 days a week for 1 hour. Class will work on perfecting strokes, endurance, building strength and being a team member. Participants must be able to swim 50 yards of freestyle and backstroke.</p>

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### Private Swim Lessons

These lessons are for swimmers who prefer one-on-one training or like to be in a small class environment to learn. Our certified swim instructors can help you or your child to overcome any fears, work on strokes and set up personal goals. These half hour lessons are scheduled based on pool space and instructor availability. Private lessons are time sensitive and must be used during a two month period. Cancellation of a lesson must be done three (3) hours prior to the lesson. If notice is not received you will be charged for the cost of the lesson.

<u>Member</u>	<u>Non-Member</u>
Package of 4 Lessons \$120.00	Package of 4 Lessons \$160.00
Package of 8 Lessons \$225.00	Package of 8 Lessons \$300.00

### Semi - Private Swim Lessons

Member	Non-Member
Package of 4 Lessons \$75.00 per swimmer	Package of 4 Lessons \$105.00
Package of 8 Lessons \$130.00 per swimmer	Package of 8 Lessons \$195.00