

Swim Lessons

YOUR SWIM LESSON CONTACT IS:

Denise Elms at delms@ymcade.org

PARENT-CHILD SWIM LESSONS (6 MONTHS - 5 YRS)

Parents may observe lessons on the first and last day of each session only. This rule eliminates distractions, commotion, noise and other disruptions so that children can concentrate, learn and bond with instructors more effectively. Visits from other relatives are not encouraged other than the first and last day of the session. Exceptions may be requested, in advance, by calling Denise Elms, Swim Lesson Coordinator at 709 – YMCA (X1132). Thank you for your understanding.

Fall I: Full Member: \$55 / Program Member: \$110

Fall II: Full Member: \$63 / Program Member: \$126

SHRIMP (6 to 11 months) [02103]

This class is an introduction to the aquatic environment for infant and toddlers with their parents in the water. Child must have head control, sit unaided with hand support and be 6 months old by the first day of class. Parents will learn basic aquatic safety through fun activities including songs, games, toys and flotation devices.

Monday 10:35 AM to 11:05 AM ; 6 PM to 6:30 PM

Wednesday 10:35 AM to 11:05 AM ; 6 PM to 6:30 PM

Thursday 6:50 PM to 7:20 PM

Saturday 10:10 AM to 10:40 AM

KIPPERS (12 to 19 months) [02104]

This class is an introduction to the aquatic environment for infant and toddlers with their parents in the water. Child must have head control, sit unaided with hand support and be 6 months old by the first day of class. Parents will learn basic aquatic safety through fun activities including songs, games, toys and flotation devices.

Monday 10:35 AM to 11:05 AM ; 6 PM to 6:30 PM

Wednesday 10:35 AM to 11:05 AM ; 6 PM to 6:30 PM

Thursday 6:50 PM to 7:20 PM

Saturday 10:10 AM to 10:40 AM

INIA (20 to 36 months) [02105]

This class is an introduction to the aquatic environment for infant and toddlers with their parents in the water. Child must have head control, sit unaided with hand support and be 6 months old by the first day of class. Parents will learn basic aquatic safety through fun activities including songs, games, toys and flotation devices.

Monday 10:05 AM to 10:35 AM

Tuesday 5:15 PM to 5:45 PM

Wednesday 10:05 AM to 10:35 AM ; 6:30 PM to 7:00 PM

Saturday 9:40 AM to 10:10 AM ; 12:15 PM to 12:45 PM

PERCH (24 to 36 months) [02106]

For the advanced toddler ready to learn kicking, bubbles, floating and jumping skills with parental help. Children will gain independence by enjoying basic aquatic safety through fun activities including songs, games, toys and flotation devices.

Monday 10:05 AM to 10:35 AM

Tuesday 5:15 PM to 5:45 PM

Wednesday 10:05 AM to 10:35 AM ; 6:30 PM to 7:00 PM

Saturday 9:40 AM to 10:10 AM ; 12:15 PM to 12:45 PM

PRE-PIKE (formerly Perch Plus)(2 to 3 years) [02108]

For the child who is comfortable in the water without a parent. Child learns basic swim skills and appropriate class behavior. Must be recommended by swim lesson coordinator or aquatic director. Parents do not actively participate in the water during lessons, however, participants are required to wear a coast guard approved lifejacket while waiting their turn on the side of the pool. Swim diapers are required if needed.

Monday 10:35 AM to 11:05 AM ; 5:30 PM to 6:00 PM

Tuesday 1:15 PM to 1:45 PM

Wednesday 5:45 PM to 6:15 PM

Thursday 10:05 AM to 10:35 AM

Saturday 11:45 AM to 12:15 PM

PIKE W/ PARENT (3-5 years) [02109]

Pike class with parent in water for first four to five lessons. Same as Pike and Advanced Pike. Child learns to work progressively more with Instructor.

Tuesday 6:50 PM to 7:20 PM

Thursday 1:15 PM to 1:45 PM

Saturday 10:10 AM to 10:40 AM

CHILD SWIM LESSONS (3 - 5 YRS)

Fall I: Full Member: \$55 / Program Member: \$110

Fall II: Full Member: \$63 / Program Member: \$126

PIKE [02110]

First class without parent. Intro to basic skills, kicking, paddling, blowing bubbles, putting face in, head under, swimming with cube and barbell, socialization in a class situation.

Monday 10:35 AM to 11:05 AM ; 4:45 PM to 5:15 PM ;
5:30 PM to 6:00 PM

Tuesday 4:15 PM to 4:45 PM ; 6:50 PM to 7:20 PM

Wednesday 10:05 AM to 10:35 AM ; 4:15 PM to 4:45 PM ;
5:15 PM to 5:45 PM ; 6:00 PM to 6:45 PM

Thursday 12:45 PM to 1:15 PM ; 4:15 PM to 4:45 PM ;
4:45 PM to 5:15 PM ; 5:15 PM to 5:45 PM ;
6:50 PM to 7:20 PM

Friday 4:35 PM to 5:05 PM

Saturday 9:40 AM to 10:10 AM ; 11:45 AM to 12:15 PM ;
12:15 PM to 12:45 PM

ADVANCED PIKE [02111]

Child is comfortable without parent and putting head completely underwater. Back/front floats with help, swims with a cube, jumps in to instructor, takes turns. Needs to swim without a cube half width on front and back to be promoted.

Monday 10:05 AM to 10:35 AM ; 4:15 PM to 4:45 PM ;
4:45 PM to 5:15 PM ; 5:30 PM to 6:00 PM ;
6:00 PM to 6:30 PM

Tuesday 12:45 PM to 1:15 PM ; 1:15 PM to 1:45 PM ;
4:45 PM to 5:15 PM ; 6:50 PM to 7:20 PM ;
7:20 PM to 7:50 PM

Wednesday 10:35 AM to 11:05 AM ; 4:15 PM to 4:45 PM ;
4:45 PM to 5:15 PM ;
6:00 PM to 6:30 PM ; 6:30 PM to 7:00 PM

Thursday 10:05 AM to 10:35 AM ; 11:05 AM to 11:35 AM ;
1:15 PM to 1:45 PM ; 4:15 PM to 4:45 PM ;
5:15 PM to 5:45 PM ; 6:50 PM to 7:20 PM ;
7:20 PM to 7:50 PM

Friday 4:35 PM to 5:05 PM

Saturday 9:40 AM to 10:10 AM ; 11:45 AM to 12:15 PM ;
12:15 PM to 12:45 PM

EEL [02113]

Child must swim half width on front and back without assistance to enter. Learn to swim in deep water. Must swim 1 width on front and back in good form to be promoted.

Monday 10:05 AM to 10:35 AM ; 4:15 PM to 4:45 PM

Tuesday 12:45 PM to 1:15 PM ; 4:15 PM to 4:45 PM ;
7:20 PM to 7:50 PM

Wednesday 4:45 PM to 5:15 PM ; 6:30 PM to 7:00 PM

Thursday 12:45 PM to 1:15 PM ; 4:15 PM to 4:45 PM ;
5:15 PM to 5:45 PM

Friday 4:35 PM to 5:05 PM

Saturday 10:10 AM to 10:40 AM

RAY [02116]

This level is for children who can swim 30 feet or ½ the length unassisted and be comfortable in the deep water. Stroke development and endurance are improved while swimming on front, back and side with emphasis on rhythmic breathing. Class is combined with the Starfish.

Monday 11:05 AM to 11:35 AM

Tuesday 7:20 PM to 7:50 PM

Wednesday 5:15 PM to 5:45 PM

Thursday 4:45 PM to 5:15 PM

Saturday 11:45 AM to 12:15 PM

STARFISH [02118]

Child must comfortably swim about 1 length (75 feet) in good form on front, back and side to enter. Rotary breathing, front/back crawl emphasized. Meets with Ray class.

Monday 11:05 AM to 11:35 AM

Wednesday 5:15 PM to 5:45 PM

Thursday 4:45 PM to 5:15 PM

Saturday 11:45 AM to 12:15 PM

Swim Lessons

YOUR SWIM LESSON CONTACT IS:

Denise Elms at delms@ymcade.org

YOUTH SWIM LESSONS (6 YEARS & UP)

Fall I: Full Member: \$62 / Program Member: \$124

Fall II: Full Member: \$71 / Program Member: \$142

POLLIWOG

[02201]

For those with no water experience or beginner swimmers. Must be age 6 to enter.

Monday 5:00 PM to 5:45 PM

Tuesday 4:45 PM to 5:30 PM

Wednesday . . . 4:15 PM to 5:00 PM

Thursday 4:45 PM to 5:30 PM ; 6:50 PM to 7:35 PM

Friday 5:05 PM to 5:50 PM

Saturday 8:55 AM to 9:40 AM ; 11:00 AM to 11:45 AM

GUPPY

[02204]

Be able to swim half length on front & back and be comfortable in deep water to enter. Improve crawl.

Monday 4:15 PM to 5:00 PM ; 5:00 PM to 5:45 PM

Wednesday . . . 5:00 PM to 5:45 PM ; 7:00 PM to 7:45 PM

Thursday 7:20 PM to 8:05 PM

Friday 5:05 PM to 5:50 PM

Saturday 8:55 AM to 9:40 AM ; 11:00 AM to 11:45 AM

HOME SCHOOL SWIM LESSONS

[02263]

Learn to swim and fulfill school requirements. Participants have the option of registering for the entire school year through our bank draft plan or registering session to session.

Thurs. 10:35 – 11:05 am

Full Member: \$62 / Program Member: \$124

TEEN & ADULT SWIM LESSONS

TEEN & ADULT SWIM LESSONS

(Beginner/Intermediate)

Ages 12 - 17 years

TEENS

[02401]

Monday 7:40 PM to 8:25 PM

Fall I: Full Member: \$62 / Program Member: \$142

Fall II: Full Member: \$71 / Program Member: \$142

Monday 7:15 PM

ADULTS

[02414]

Fall I: Full Member: \$62 / Program Member: \$142

Fall II: Full Member: \$71 / Program Member: \$142

• Tuesday 7:45 PM to 8:30 PM

• Wednesday 7:45 PM to 8:30 PM

• Saturday 8:00 AM to 8:45 AM

MINNOW

[02207]

Must swim 25 yards on front and back to enter.

Monday 6:50 PM to 7:35 PM

Tuesday 5:00 PM to 5:45 PM

Wednesday . . . 7:00 PM to 7:45 PM

Thursday 4:15 PM to 5:00 PM

Friday 5:05 PM to 5:50 PM

Saturday 8:55 AM to 9:40 AM

FISH

[02208]

Must swim 25 yards front/back with rotary breathing, basic breaststroke, float and tread for 1 minute to enter.

Monday 6:50 PM to 7:35 PM

Tuesday 6:20 PM to 7:05 PM

Wednesday . . . 7:00 PM to 7:45 PM

Saturday 11:00 AM to 11:45 AM

FLYING FISH

[02209]

Must swim 50 yards crawl with rotary breathing, breast, elementary back, back crawl, sidestroke, tread for 3 minutes, float for 3 minutes to enter.

Monday 6:50 PM to 7:35 PM

Saturday 11:00 AM to 11:45 AM

SHARK

[02210]

Must swim 100 yards of each: crawl with bilateral breathing; breaststroke with open turns; elementary backstroke; back crawl; sidestroke. Must also be able to do: flip turns; six minutes of floating and four minutes of treading water to enter.

Monday 6:50 PM to 7:35 PM

PRIVATE & SEMI-PRIVATE SWIM LESSONS

[02414]

These classes are intended for participants who have special needs and/or are in need of Individualized assistance. Private lessons are recommended for people who are uncomfortable in a group lesson environment, or have repeated a level several times and require an opportunity to focus on completing specific skills in order to move on to the next level. Please complete a private lesson participant form to request registration. Forms are available at the welcome center or online at www.ymcade.org

Full Members Only

Private Lessons \$19 each

Semi Private Lessons \$15 each