



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# 2012 SWIM LESSONS

## SOUTHEAST FAMILY CENTER

### Winter/Spring 2012 (January-April)

#### **PARENT/CHILD (6 MONTHS-3 YEARS)**

The Parent/Child Aquatic program promotes water enrichment and aquatic readiness activities for children and their parent or other trusted adult. No previous swimming experience is necessary. Classes are held in the small pool, which has an average water temperature of 89 degrees and a depth of three feet.

#### **PRESCHOOL (3-5 YEARS)** (30 MINUTES LONG)

The Preschool Aquatic program teaches water adjustment and basic swimming skills. These classes are held without the parent and children are placed into classes based on their abilities.

**Pike:** This class is for our beginning swimmer, who may or may not be comfortable in the water and has not had formal swim instruction. The class will focus on water adjustment, use of an instructional floatation device (such as a barbell or swim belt), and water safety.

**Eel:** This class is for our beginner swimmer who is comfortable in the water and able to swim/paddle two feet, turn around and return to the wall without assistance. This class will focus on basic swim skills such as kicking, floating, and arm stroke, aided with and without the use of an instructional floatation device.

**Ray/Starfish:** This class is for our intermediate/advanced swimmer who is comfortable in the water and able to float and swim the width of our small pool without the aid of an instructional floatation device. The class will focus on rhythmic breathing and stroke development.

#### **YOUTH (6-16 YEARS)** (45 MINUTES LONG)

The Youth Aquatic program teaches personal safety, personal growth, stroke development, water games, sports and rescue skills.

**Polliwog:** This class is for our beginning swimmer, who may or may not be comfortable in the water and may not have had previous swim instruction. The class will focus on basic swim skills such as kicking, floating, stroke development, and water safety, with and without the use of an instructional floatation device.

**Guppy:** This class is for our beginner swimmer who is comfortable in the water, able to swim 20 feet on their front or back without assistance, and able to jump from

the side into the water. The class will focus on stroke development, rhythmic breathing, and rescue skills.

**Minnow:** This class is for our intermediate swimmer who is able to swim 25 yards of the front crawl stroke using rhythmic breathing, 25 yards of the backstroke, and able to jump into deep water. The class will focus on continued stroke development and emphasize rescue skills. The diving progression will become a focus for swimmers.

**Fish:** This class is for our intermediate/advanced swimmer who can swim 25 yards of the front crawl, back crawl, breast stroke, sidestroke, and elementary backstroke using proper swim technique. Participants should also know how to tread water, and perform basic rescue skills. The class will focus on continued stroke development, introduction of the butterfly stroke, Wet ball (basic water polo skills), and the use of rescue equipment.

**Flying Fish/Shark:** This class is for our advanced swimmer who is able to swim 50 yards of the front crawl, back crawl, breast stroke, sidestroke, elementary backstroke, and butterfly using proper swim technique. This class will focus on endurance training, fitness, aquatic leadership.

**Swim Team (5-15 Years):** Do your children like to swim? Do they have a slight competitive edge? Swim Team will work on perfecting your child's strokes while they gain endurance and speed. A swim meet is held one Saturday of every month with a ribbon ceremony. Practice is held on Tuesdays and Thursdays from 5 to 6 pm. Please see the swim team flyer for more information, including prices.

#### **ADULTS (16 YEARS AND OLDER)** (45 MINUTES LONG)

**Adult Beginner:** This class is for individuals over the age of 16 who have either not had formal swim lessons, are not comfortable in the water, or know very little swimming techniques. The class will focus on water adjustment and the basic fundamentals of front crawl, back crawl, elementary backstroke, side stroke and breaststroke.

**Adult Stroke and Fitness Class:** This NEW class helps those who want to improve their stroke mechanics and build a fitness program utilizing components of the four competitive swim strokes (butterfly, breast stroke, back stroke, and front crawl). This class will help you improve your overall swimming experience and introduce you to a different way to think about swimming and fitness.

# SWIM LESSONS SCHEDULE

## WEEKDAY SWIM LESSONS

\*combined class (Minnow/Fish/Flying Fish will always be combined)

		AM	9:00	9:30	10:00	10:30	PM	4:00	4:30	5:00	5:45	7:15	
PRESCHOOL (30 MINUTES) 3-5 yrs	Pike	M/W	●	●*			M/W	●		●*	●		
		T/TH	●	●*			T/TH	●		●*			
	Eel	M/W	●	●*			M/W		●	●*			
		T/TH	●	●*			T/TH		●	●*	●		
	Ray/Star	M/W		●			M/W					●	6:30
		T/TH		●			T/TH					●	6:30
	Parent/Child	Mon.				●	Mon.					●	6:30
		Wed.				●	Wed.					●	6:30
YOUTH (45 MINUTES) 6-16 yrs	Polliwog	M/W			●		M/W	●	●		●*		
		T/TH			●		T/TH	●	●		●*		
	Guppy	M/W			●	●*	M/W	●	●		●*		
		T/TH			●	●*	T/TH	●	●		●*		
	Minnow	M/W				●*	M/W				●*	6:30	
		T/TH					T/TH				●*	6:30	
	Fish	M/W				●*	M/W				●*	6:30	
		T/TH					T/TH				●*	6:30	
	Flying Fish	M/W				●*	M/W				●*	6:30	
		T/TH					T/TH				●*	6:30	
	Swim Team	T/TH					T/TH			●	5-6 PM		
	ADULT 16+ yrs	Adult Beginner						T/TH					●
Adult Stroke Mechanics							M/W					●	

In the instance that we need to cancel a class due to low enrollment, please work with us. We will accommodate you to the best of our ability if we cancel a class you've registered for.

Register online NOW at [www.ppyymca.org](http://www.ppyymca.org)!

# WINTER SESSION DATES

## JANUARY SESSION

MORNING LESSONS- (M/W or T/TH for 4 weeks)

M/W January 9-February 1  
T/TH January 10-February 2

Evening Lessons (M/W or T/TH for 4 weeks)

M/W January 9-February 1  
T/TH January 10-February 2

Saturday Lessons (4 Saturdays of month)

January 14-February 4

## FEBRUARY SESSION

Morning Lessons (M/W or T/TH for 4 weeks)

M/W February 6-29  
T/TH February 7-March 1

Evening Lessons (M/W or T/TH for 4 weeks)

M/W February 6-29  
T/TH February 7-March 1

Saturday (4 Saturdays of month)

February 11-March 3

## MARCH SESSION

Morning Lessons (M/W or T/TH for 3 weeks)

M/W March 5-21  
T/TH March 6-22

Evening Lessons (M/W or T/TH for 3 weeks)

M/W March 5-21  
T/TH March 6-22

Saturday (3-week session)

March 10-24

## APRIL SESSION

Morning Lessons (M/W or T/TH for 3 weeks)

M/W April 9-25  
T/TH April 10-26

Evening Lessons (M/W or T/TH for 3 weeks)

M/W April 9-25  
T/TH April 10-26

Saturday (3-week session)

April 14-28

**The March session will be pro-rated and will only be a 3 week session. There will be a separate session of lessons Mon, March 26- Thurs, March 29 (4 classes).**

**The April session will be pro-rated and will only be a 3 week session. There will be no lessons the week of April 2 due to our annual pool shutdown.**

If our lesson times do not fit within your schedule, check out our private or semi-private lessons.

\*Please note: We may have to move participants who have been placed in the wrong class level, to a level that better matches their current ability.

Please be aware that the swim lesson prices did go up by a few dollars in 2012. Financial assistance is limited but available thanks to the generosity of the community. Learn more at the front desk.

## **FEES**

### **Parent/Child**

### **Preschool, Youth and Adult**

### **Preschool and Youth Saturdays**

Members:	\$16.00	(March & April \$12)	\$27.00	(Mar & Apr \$18)	\$13.50	(Mar & Apr \$9.00)
Non-members:	\$32.00	(March & April \$24)	\$68.00	(Mar & Apr \$49.50)	\$34.00	(Mar & Apr \$24.75)

## SATURDAY SWIM LESSONS

		8:45	9:30	9:45	10:15	10:45	11:15
PRESCHOOL 3-5 YRS	Pike			●	●	●*	●*
	Eel				●	●*	●*
	Ray	● *9:00					
	Starfish	●* 9:00					
YOUTH 6-16 YRS	Polliwog	●		●		●*	●* 11:30
	Guppy			●		●*	●* 11:30
	Minnow				●* 10:30		
	Fish				●* 10:30		
	Flying Fish				● *10:30		
	Parent/Child	● 9:00				<b>Adult Beg</b>	● 11:30

# 2012 SOUTHEAST FAMILY YMCA SWIMMING PROGRAM PARENT ORIENTATION HANDOUT

## Parents and Swimmers,

Welcome to the Southeast Family YMCA Swim Lesson Program! We are so thrilled you've chosen us to be a part of this wonderful experience. Please read below, as we have tried to provide adequate information about our swim lesson program and the objectives that we wish to accomplish.

The purpose of the Y Swim Lessons program is to develop competency in swimming, along with confidence and endurance. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level. We expect each child to learn and progress at his or her own rate. Therefore, do not get discouraged if your child does not complete all the skills within his or her own level during any one session. Your child needs to know that it is acceptable to take as much time as necessary to master the skills.

The YMCA Swimming program is expected to meet the overall Y program objectives:

- Grow personally
- Teach values
- Improve personal and family relationships
- Appreciate diversity
- Become better leaders and supporters
- Develop specific skills
- Have fun!

Along with the objectives, the YMCA Swimming program has five components in each level:

- Personal safety
- Personal growth
- Stroke development
- Water sports and games
- Rescue

We take great pride in our swimming program at the Southeast Family YMCA. We want to provide each and every participant with the best experience imaginable. To ensure a safe and fun experience for your child and their instructor, please read the following:

- **Please try to attend all classes in the session that you signed-up for.**  
(Due to ongoing sessions, we are unable to offer make up classes at this time.)
- **Please use the youth or family locker rooms.**
- **Please make sure that your child rinses off in the shower prior to class time and that he/she uses the restroom.**
- **Please make sure that your child does not get into the pool before class.**
- **Please remember children must be at least 7 years of age to be in the pool without an adult.**

We hope this provides a clear picture of our swim lessons program and its objectives. The YMCA Swimming program is unlike any other and we want to continue to give you the best experience here at the Southeast Family YMCA. Please share any questions or concerns that you have with our staff.

Have a wonderful experience,

Kylie Idleman  
Aquatics Director

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