



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SkyView YMCA – Swim Lessons – Winter 2011/2012

Parent-Child (6-36mo/30 minute lessons)

Lessons are held once a week for 8 weeks (\$98).

Tuesdays 4:00 p.m.
Wednesdays 10:00 a.m.
Saturdays 10:00 a.m.

Morning Lessons

Held 2 days a week (Mon/Wed or Tue/Thu) for 4 weeks (\$98)

Preschool (3-5yrs/30 minute lessons)

9:00 a.m.	Pike	Eel
9:40 a.m.	Ray	Starfish

Afternoon Lessons

Held 2 days a week (Mon/Wed or Tue/Thu) for 4 weeks (\$98)

Preschool (3-5yrs/30 minute lessons)

4:40 p.m.	Ray	Starfish
5:20 p.m.	Pike	Eel

School-Age (6-12yrs/45 minute lessons)

4:00 p.m.	Minnow	Fish
5:00 p.m.	Polliwog	Guppy

Teen/Adult (13+/45 minute lessons)

6:00 p.m.

Saturday Lessons

Held 1 day a week for 8 weeks (\$98)

Preschool (3-5yrs/30 minute lessons)

9:00 a.m.	Pike	Eel
9:40 a.m.	Ray	Starfish

School-Age (6-12yrs/45 minute lessons)

9:00 a.m.	Polliwog	Guppy
10:00 a.m.	Minnow	Fish

Teen/Adult (13+/45 minute lessons)

11:00 a.m.

Session Dates

(Preschool/Youth)
4 week sessions

Jan 9th thru Feb 2nd
Feb 6th thru Mar 1st
Mar 5th thru Mar 29th
Apr 2nd thru Apr 26th

(Parent-Child & Saturday)
8-week sessions

Jan 9th thru Mar 3rd
Mar 5th thru Apr 28th



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Private Swim Lessons (3 years+)

Participants can learn how to swim. Private swim lessons are 30 minutes each.

Cost: one lesson - \$33

three lessons - \$91

six lessons - \$165

Group Lessons

One session includes eight lessons. Preschool lessons are 30 minutes. Youth lessons are 45 minutes.

Cost: \$98/session

Swim Lesson Descriptions

Preschool Swim Lessons (6 mo. - 5 years)

Children are grouped by ability level and taught personal safety, independent swimming and floating skills. Our instructors build swimmers' confidence while enabling them to grow independently in the water. Class descriptions follow.

Parent Child (6-36 months) Little ones get an introduction to the water in a nurturing environment. Our instructors guide parents through teaching basic water safety and skills with songs and games. It's a great first experience! (One adult only must accompany each child. A swim diaper is required and can be purchased at the front desk.)

Pike is for non-swimmers. Instruction focuses on assisted floating, kicking, paddling and getting comfortable in the water by themselves.

Eel is for children who are comfortable in the water by themselves or have passed Pike swimming level. Instruction focuses on floating, kicking and proper arm strokes independently in the water on child's front and back.

Ray is for children who have completed Eel or are able to float, kick and perform arms independently. Instruction focuses on continuing child's freestyle and backstroke, along with learning freestyle side breathing and breaststroke kick.

Starfish is for children who have completed Ray or are able to swim freestyle with breathing to the side, backstroke and able to perform a proper breaststroke kick. This level refines freestyle and backstroke and continues to build endurance. Our instructors introduce breaststroke breathing and arms, as well as dolphin kick.

Progressive Swim Lessons (6-12 years)

Swimmers are grouped by ability and receive an introduction to all of the strokes.

Programs focus on personal growth, safety, rescue skills, diving and water games. Class descriptions follow.

Polliwog is for non-swimmers. Instruction focuses on floating, kicking and paddling on front and back with assistance.

Guppy is for children who have completed Polliwog. Instruction focuses on floating, kicking and proper arm strokes independently in the water on child's front and back.

Minnow is for children who have completed Guppy or can swim freestyle and backstroke independently with proper body position, straight leg kicks and arms out of the water. Instruction focuses on freestyle breathing to the side, breaststroke kick and breaststroke arms.

Fish is for children who completed Minnow or can swim 25 yards of freestyle breathing to the side and backstroke. Swimmers learn breaststroke, dolphin kick and butterfly arms.

Teen and Adult Swim Lessons (13-18 years; 19 years+)

If you have little or no aquatic experience, take this opportunity to develop new lifelong skills or improve your current abilities. Our separate teen and adult classes offer supportive lessons designed to build confidence while you learn.