



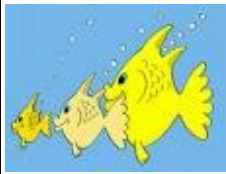
Pre-School Swim Lessons

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

IMPORTANT NOTICE

ALL INFANTS AND TODDLERS NOT POTTY TRAINED MUST WEAR A SWIM DIAPER THAT IS COVERED BY A BATHING SUIT.

PRE SCHOOL BATHROOM POLICY: PARENTS OF PRESCHOOLERS MUST REMAIN IN THE BUILDING WHILE THEIR CHILD IS IN LESSONS. THEY WILL BE PAGED OVER THE P.A. SYSTEM TO COME TO THE POOL
YMCA PRESCHOOL SWIM LESSONS RUN ON AN 8 WEEK SESSION
MEMBER COST \$55.00—NON MEMBER COST \$100.00



Tiny Tot I- This parent and child class is for children 6 months through 18 months. The focus in this age group is getting them familiar with being in the water, learning to relax and have fun in the water with the help of a parent. The parent will be working with their child with the guidance of the instructor to promote their child's self confidence through positive reinforcement and praise.

Wednesdays 10-10:30am

Saturdays 9-9:30am, 9:30-10am



Tiny Tot II- This parent and child class is for children 19 months through 3 years of age. The focus in this age group is learning to swim with a floatation device. The emphasis continues to be placed on water adjustment and water safety as the child develops trust in the relationship with the instructor while still under the guidance of the parent. They will also be taught independent swimming on their front and back and getting them ready for the preschool part of our swim program.

Tuesdays 10-10:30am

Fridays 10-10:30am

Saturdays 10-10:30am, 10:30-11am

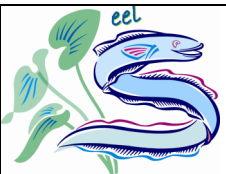


The Pike swim class is developed for the 3 year old or older who has never been in a swim class program. At this level the child will learn self confidence in trusting an instructor to help them through the difficult part of learning how to swim without the parent. Having fun is a key part of the program. They will also learn to develop pool safety, adjust to the water and develop independent movement in the water using a floatation device working with a noodle/kickboard.

Mondays 10-10:30am, 3:30-4pm
Tuesdays 4-4:30pm

Wednesdays 10:30-11am, 4-4:30pm
Thursdays 4:30-5pm

Fridays 10-10:30am, 3:30-4pm
Saturdays 9-9:30am, 9:30-10am, 10-10:30am



The Eel swim class is developed for the child who is comfortable in the water and has some independent swimming skills. They should be using a floatation device which is 3/4 in size. Children will continue to become familiar with taking directions from an instructor. The child will develop pool safety and having fun. They will learn how to paddle as well as proper kicking skills on the front and back. They will also work on blowing bubbles and start to learn to jump in the water safely.

Mondays 10-10:30am, 3:30-4pm
Tuesdays 10-10:30am, 3:30-4pm

Wednesdays 10-10:30am, 4:30-5pm
Thursdays 3:30-4pm

Fridays 10:30-11am, 4-4:30pm
Saturdays 8-8:30am, 8:30-9am, 10:30-11am



The Ray swim class is developed for the child who is comfortable in the water and has had some formal swim instruction before. The child would be wearing a floatation device which is 1/2 in size. The child is taught to kick, float and perform the front paddle and back paddle from an instructor. They will learn pool safety and start to learn to dive. At the end of this level they should be able to swim 25yds well with or without a float.

Mondays 3:30-4pm
Tuesdays 10:30-11am, 3:30-4pm

Wednesdays 4-4:30pm
Thursdays 10:30-11am, 3:30-4pm

Fridays 10:30-11am, 3:30-4pm
Saturdays 8:30-9am, 10:30-11am



The Starfish swim class is developed for the child who is comfortable in the water and has had some formal swim instruction before. The child would be wearing a floatation device which is 1/4 or no floatation device the entire class time. The class is designed for the child to refine their strokes, including learning to rotary breathe while getting their arms out of the water and getting their face in water while blowing bubbles and learn the back stroke with arms out of the water. At the end of this level the child should be able to swim 25yds without a floatation device. After this level, children will go into progressive lessons at age 6 years of age or 1st grade.

Tuesdays 10:30-11am, 4:30-5pm
Wednesdays 4-4:30pm

Thursdays 10:30-11am
Fridays 10:30-11am

Saturdays 10-10:30am