

PRICING

(8 Lessons)

Tiny Tot Lessons

\$57/Members

\$105/Non-members

Pre-school Lessons

\$57/Members

\$105/Non-members

Youth Lessons

\$47/Members

\$95/Non-members

Adult Lessons

\$57/Members

\$105/Non-members

Private Lessons (8 Lessons)

\$180/Members

\$240/Non-members

Semi-private Lessons (8 Lessons)

Per person:

\$120/Members

\$160/Non-members



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Danvers Y SWIM LESSONS

Learn To Swim

**5/29-6/23 (4 weeks 2 times a week
except Saturdays)**

**All lessons are 30 minutes in duration*

IMPORTANT INFORMATION

Enrollment Minimum

Fall group swim classes must have a minimum of 2 students enrolled in order to run. Low enrollment classes may be subject to cancellation and a full refund will be issued prior to classes starting.

Refunds and Make-up Classes

We do not offer refunds or make-up classes for missed lessons unless cancellation was related to pool maintenance issues, staffing issues, or low enrollment.

Holidays

Classes will not be held on the following dates:



DANVERS COMMUNITY YMCA
34 PICKERING STREET
DANVERS, MA 01923
P 978 774 2055
F 978 750 4457
W www.danversymca.org

PARENT/CHILD LESSONS

Parents and children will enjoy learning water acclimation techniques that include bubble-blowing, kicking on front/back, and overall water adjustment through fun games, songs, and positive reinforcement. Parent(s) are in the water with their child. All children who are not potty-trained are required to wear a swim diaper to class.

Class Times

Tiny Tot (Ages: 6-36 months)
Tue/Thu 10:00

Tiny Tot #1 (6-18 Months) Sat 9:30
Tiny Tot #2 (18Months-3Years) Sat 10:00

PRE-SCHOOL LESSONS (Ages: 3-5)

1. Pike—Beginner

This level is designed for new swimmers who have little to no swimming experience. Children will learn introductory swimming fundamentals such as kicking, blowing bubbles, being comfortable in the water, and getting their face wet.

Class Times

Tues/Thurs 10:00 Tues/Thurs 4:00
Wed/Fri 10:30 Sat 9:00 Sat 10:00

2. Eel—Beginner/Intermediate

This level is for children who can swim independently for up to 15 feet and are already comfortable in the pool. Children will learn paddling/kicking, and swimming with their face in the water.

Class Times

Tues/Thurs 10:30 Tues/Thurs 4:00
Wed/Fri 10:00 Wed/Fri 4:00
Sat 9:00

3. Ray—Intermediate

Children at this level enjoy swimming with little assistance from a floatation device. Children are taught advanced paddling, kicking, treading, and will build endurance.

Class Times

Tues/Thurs 10:30 Tues/Thurs 4:00
Wed/Fri 10:00 Sat 10:30

PRE-SCHOOL LESSONS CON'T

4. Starfish—Advanced

Swimmers come to class already at ease in the water. They will learn over-arm swimming, rhythmic breathing, treading, and develop underwater swimming skills.

Class Times

Wed/Fri 10:30 Wed/Fri 4:00
Sat 9:30

YOUTH LESSONS (Ages: 6-13)

1. Polliwog—Beginner or Advanced

This level is designed for those children with little to no swimming experience, or who are fearful of the water. Instructors will encourage water acclimation, confidence, and basic swimming fundamentals.

Class Times

Tues/Thurs 4:30 ADV Wed/Fri 4:00 Beg
Sat 9:30 Combined

2. Guppy—Beginner/Intermediate

Children who enter Guppy should be comfortable in the water and be able to swim over-arm independently for at least 20 yards. They will learn rhythmic breathing, the fundamentals of freestyle and backstroke, treading water, and diving.

Class Times

Wed/Fri 4:30 Sat 10:30

3. Minnow—Intermediate

Swimmers who enter Minnow will work on stroke refinement, diving, as well as learn breaststroke and sidestroke. They will also learn about water safety and improve their swimming endurance.

Class Times

Tues/Thurs 4:30 Wed/Fri 4:30
Sat 9:00

4. Fish—Intermediate/Advanced

In this level swimmers will build upon their endurance and stroke knowledge. Through the use of various swimming equipment and stroke drills, swimmers will work towards swimming at least 50 yards of each stroke comfortably.

Class Times

Tues/Thurs 4:30 Sat 10:00

YOUTH LESSONS CON'T

5. Flying Fish/Shark—Advanced

Swimmers will further refine their stroke technique, work to increase endurance, and learn the butterfly stroke. Additionally, swimmers will learn basic rescue skills and boating safety. This is a great class to take in preparation for swim team.

Class Times

Flying Fish	Shark
Wed/Fri 4:30	
Sat 10:30	

6. Porpoise—Advanced Swim Club

Porpoise is designed for swimmers who have already mastered their swimming strokes and wish to concentrate more on rescue skills and volunteerism through assisting with swim lessons. This is great for those who want to become lifeguards and swim instructors in the future!

Class Times

Swim Team Clinic-

Fee: Members \$75 Non-Members \$90

This program is for those children 5 and older wishing to develop their skills and prepare for the competitive swim team environment. Children will learn the language and skills of the swim team as well as being introduced to using the time clock. Must be able to swim 25 yds continuously of front crawl, backstroke and breaststroke. All participants must be tested first.

4-week sessions 4/23-5/17

Mondays 4:00-4:45 pm

Thursday 4:00-4:45 pm

ADULT LESSONS (Ages: 14+)

It is never too late to learn how to swim! We offer lessons for adults who are just easing into the water, and for those that wish to refine the strokes they've already gained. Bring a friend, sign up, and dive into the world of swimming!

Class Times

Combined
Weds 8:15 pm

PRIVATE/SEMI-PRIVATE LESSONS

We also offer private and semi-private lessons for those that prefer more personalized instruction. Private lessons are for no more than one person per instructor. Semi-private lessons are for no more than two people (who are similar in ability) per instructor. **Enrollment is ongoing year-round at your request!** Call the aquatic department to schedule at 978 774 2055.