



SWIM LESSONS

Swim Lessons are going to give your child a chance to progress gradually through a series of levels (defined below). The YMCA Swim Lessons prides itself on incorporating the four Core Values (Caring, Honesty, Respect and Responsibility) into every level, as well as teaching the children how to swim on their own from the very beginning!

These lessons are for children 3 years & older and potty trained (Excluding Water Bugs).

WATER BUGS: This class is for children 30 to 36 months old who are ready to try a swim class without a caretaker. The Water Bugs class is designed to be a transition from Diaper Dips and/or Parent & Perch to Pike (Tadpole I). These children will learn how to participate in a class and learn the basics of swimming. In a setting with more one on one attention!

The levels Pike, Eel, Ray, and Starfish are for children in Preschool (3 to 5 years)

PIKE (TADPOLE I): The swimmers will be learning basic skills and strokes including front, back and side paddles.

EEL (TADPOLE II): This level is designed to challenge the swimmers and to improve their endurance. By the end of this level the swimmers should be able to swim on their front, back and side independently for 25 yards!

RAY (TADPOLE III): In Ray the preschoolers will be learning the basics of some more strokes and continuing to swim longer distances. We will continue to add to the list of strokes that the children will be learning and doing!

STARFISH (TADPOLE IV): Starfish is the most advanced preschool level. We will begin to take the beginner strokes and turn them into more advanced strokes. By the time the swimmers are done with this level they should be able to swim longer distances and with a proper technique.

Polliwog through Shark are for school aged children (Kindergarten and up).

POLLIWOG: Polliwog is the beginner level for children in Kindergarten & up. The swimmers will be learning the basic swim strokes and lifesaving techniques. They will

begin learning the three main strokes: front, back and side paddles. Swimmers may wear bubbles but it is not required.

GUPPY: In this level, the children will be taking the next step to being a better swimmer, by learning more advanced skills and building endurance. We tweak the paddles and start using an overarm crawl stroke with the beginnings of rhythmic breathing.

MINNOW: This level is all about endurance and polishing. They start putting all the skills previously learned into practice in swimming the whole length of the pool. The swimmers are constantly moving and always building endurance.

FISH: By this level the swimmers should know and perform every stroke (Front and back crawls, elementary backstroke, breaststroke, sidestroke, and butterfly kick) well. They will be swimming constantly and working on perfecting each stroke.

FLYING FISH: Flying Fish should be able to perform all strokes including the butterfly very well and the endurance should be very high! The new skills learned are in the front and back crawls where the swimmers learn how to do flip turns!

SHARK: Shark is designed to help the swimmers polish their skills and swim long distances incorporating the turns learned in Flying Fish! This level also begins showing more advanced lifesaving skills.

SESSION IV – January 11 – February 4, 2010

SESSION V – February 22 – March 18, 2010

SESSION VI – April 12 – May 6, 2010

Morning Swim Lessons:

DAYS: Mondays and Wednesdays Only

TIME: 10:30 – 11:00	11:00 – 11:30	11:30 – 12:00
Water Bug	Pike	Pike
	Eel	Eel
	Ray	Starfish

Evening Swim Lessons:

DAYS: Monday & Wednesday

TIME: 5:30 – 7:00 p.m.

DAYS: Tuesday & Thursday

TIME: 5:30 – 7:00 p.m.

Monday & Wednesday

5:30 – 6:00	6:00 – 6:30	6:30 – 7:00
Eel	Pike	Water Bug
Flying Fish/Shark	Ray/Starfish	Polliwog
Guppy	Fish	Minnow

Tuesday & Thursday

5:30 – 6:00

Pike
Polliwog
Fish

6:00 – 6:30

Eel
Guppy
Minnow

6:30 – 7:00

Water Bug
Ray/Starfish
Flying Fish/Shark

FEE: Members- \$10.00

Non-members- **\$35.00**

PLEASE NOTE: CLASS TIMES SUBJECT TO CHANGE!

PARENT & PERCH

Parent and Perch is for children ages **2 to 3 years**. A parent/caretaker is in the water with the child while an instructor shows how the parent should teach the child the basics of swimming.

SESSION IV: January 11 – February 4, 2010

SESSION VI: April 12 – May 5, 2010

DAYS: Monday & Wednesday

TIME: 7:00-7:30 p.m.

FEE: Members: \$10.00

Non-members: **\$35.00**

DIAPER DIPS

Diaper Dips is designed for children **6 to 30 months**, just getting used to the water. One or both parents (grandparents or guardians) are in the water with the child. We sing songs, play with ducks and balls, and “jump in.” This class is designed for little ones to enjoy the water. **CLASS WILL NOT BE HELD WITH LESS THAN 5 PARTICIPANTS.**

P.M. DIAPER DIPS

SESSION III: February 22 – March 17, 2010

DAYS: Monday & Wednesday

TIME: 7:00 – 7:30 p.m.

FEE: Members: \$10.00

Non-members: **\$35.00**

PRIVATE LESSONS

SESSION II: February 8 - 17, 2010

Monday AND Wednesday for **2 weeks**

5:30 – 6:00 p.m. 6:00 – 6:30 p.m. 6:30 – 7:00 p.m.

SESSION III: April 26 – April 29, 2010

Monday through Thursday

4:00 – 4:30 p.m. 4:30 – 5:00 p.m. 5:00 – 5:30 p.m.

FEE: Members- \$25.00

Non-members - \$45.00

INTRO TO SWIM

Intro to Swim is for all Non-YMCA members **grades K-5** who are interested in learning how to swim and be introduced to the Columbus Family YMCA. We will be offering two introductory levels of the YMCA swim lessons. The levels are Polliwog, and Guppy.

POLLIWOG: Polliwog is the beginner level for children in Kindergarten & up. The swimmers will be learning the basic swim strokes. They will begin learning the three main strokes: front, back and side paddles.

GUPPY: In this level, the children will be taking the next step to being a better swimmer, by learning more advanced skills and building endurance. We add to the paddles different swimming techniques, such as, using the arms in a symmetrical motion in addition to practicing the alternating paddle with rhythmic breathing.

SESSION II – February 9-18, 2010

DAYS: Tuesday AND Thursday for 2 Weeks

5:30 – 6:00 p.m.

Polliwog

Guppy

6:00 – 6:30 p.m.

Polliwog

Guppy

6:30 – 7:00 p.m.

Polliwog

Guppy

SESSION III – May 10-13, 2010

DAYS: Monday thru Thursday

5:00 – 5:30 P.M.

Polliwog

Guppy

5:30 – 6:00 P.M.

Polliwog

Guppy

6:00 – 6:30 P.M.

Polliwog

Guppy

FEE: FREE

ADULT SWIM LESSONS

SESSION IV – January 12 – February 4, 2010

SESSION V – February 23 – March 18, 2010

SESSION VI – April 13 – May 6, 2010

DAYS: Tuesday and Thursday

TIME: 11:15 – 11:45 a.m.

FEE: Members: \$10.00

Non-members: \$25.00

SWIM TEAM (5-18 Year Olds)

Youth wishing to participate on the YMCA swim team must be a member of the YMCA and be able to swim 25 yards (one length) freestyle and 25 yards backstroke. This program offers young swimmers a chance to improve their individual skills with emphasis on fun, stroke instruction and endurance while enjoying sportsmanship and competition. Practice will begin September 4, 2009 and the season ends March 1, 2010. For more information, ask the service desk for the swim team handbook. Team swimsuits may be purchased through the swim coach.

PRACTICES: Monday thru Friday
3:45-5:30 p.m.

FEE: \$75.00 December – March

Due BEFORE January 8, 2010

HIGH SCHOOL FEE: \$30.00 December – March

(If also swimming for the high school swim team.)

AQUATIC & FITNESS CLASS REGISTRATION PROCEDURE

Class registration will be held **ONE WEEK PRIOR TO THE DATE THE CLASS BEGINS.** Members **ONLY** may sign up for classes on Monday and Tuesday. Non-members must wait until **WEDNESDAY** allowing YMCA members first choice of class time. All classes are limited in size. **NO PHONE REGISTRATION** will be taken. Class times are subject to change to accommodate summer participation.

PLEASE REMEMBER, OPENINGS FOR SWIM LESSONS ARE LIMITED. IF YOU REALIZE YOUR SWIMMER WILL MISS SEVERAL OF THE CLASSES, PLEASE WAIT AND REGISTER FOR THE NEXT SESSION. THANK YOU FOR YOUR CONSIDERATION.



We build strong kids, strong families, strong communities.

RECREATIONAL SWIMS

A lifeguard is on duty during all recreational swims. **(CHILDREN 6 YRS. & UNDER MUST BE ACCOMPANIED BY AN ADULT IN THE WATER.)**
YOUTH UNDER 18 YEARS OF AGE MUST SWIM DURING THESE AVAILABLE HOURS.

WHEN: Monday thru Thursday Evening
TIME: 7:30 - 8:30 p.m.

Friday Evening
7:00 - 8:30 p.m.

WHEN: Saturday
TIME: 1:00 p.m. – 3:00 p.m.

Sunday
1:00 p.m. – 3:00 p.m.

MEMBERS: FREE

NON-MEMBERS: Youth - \$4.00 /\$5.00 (Entitles youth to use of pool & other areas of the YMCA for the entire day.)

Adult - \$10.00 (Entitles adults to use of pool & other areas of the YMCA for the entire day.)

APPROPRIATE SWIMWEAR REQUIRED

ADULTS: No swimming alone! Please use the buddy system for your own safety.

YOUTH: NO swimming without a lifeguard

YOUTH UNDER 7 MUST BE SWIMMING WITH AN ADULT!

ADULT LAP SWIM

Sunday 12:00 Noon – 1:00 p.m.
3:00 p.m. - Close

Monday 5:00 – 9:15 a.m.
12:00 a.m. – 3:30 p.m.
8:30 p.m. – Close

Tuesday 5:00 – 10:15 a.m.
11:15 a.m. – 12:45 p.m.
1:30 - 4:00 p.m.
8:30 p.m. – Close

Wednesday 5:00 – 9:15 a.m.
12:00 a.m. - 3:30 p.m.
8:30 p.m. – Close

Thursday 5:00 – 10:15 a.m.
11:15a.m. – 12:45 p.m.
1:30 - 3:30 p.m.

	8:30 p.m. – Close
Friday	5:00 a.m. – 3:30 p.m.
	5:30 – 7:00 p.m.
	8:30 p.m. – Close
Saturday	8:00 - 1:00 p.m.
	3:00 - Close

Times may vary according to classes being offered. ALL TIMES SUBJECT TO PROGRAM DEMANDS. PLEASE PICK UP CALENDARS AT THE FRONT DESK FOR ACCURATE TIMES.

APPROPRIATE SWIMWEAR REQUIRED