

# January-March 2010 Swim Lesson Schedule

## M/W Classes

6:00 pm Pike  
Starfish  
Polliwog

6:30 pm Eel  
Minnow  
Ray

7:00 pm Guppy  
Pike  
Polliwog

## T/TH Classes

10:00 am Waterbabies  
Pike  
Eel

10:30 am Pike  
Eel  
Ray

5:00 pm Eel  
Polliwog  
Pike

5:30 pm Guppy  
Ray  
You/Your Preschooler

6:00 pm Minnow  
Pike  
Waterbabies

## Saturday Classes

9:00 am Waterbabies  
Minnow  
Starfish

9:30 am You/Your Preschooler  
Pike  
Eel

10:00 am Guppy  
Polliwog  
Ray

10:30 am Pike  
Polliwog



## Session Dates & Cost

Monday/Wednesday am/pm dates	Member	Program Participant
January 4, 6, 11, 13, 18, 20, 25, 27	\$36	\$53
February 1, 3, 8, 10, 15, 17, 22, 24	\$36	\$53
March 1, 2, 8, 10, 15, 17, 22, 24	\$36	\$53
<b>Tuesday and Thursday</b>		
January 5, 7, 12, 14, 19, 21, 26, 28	\$36	\$53
February 2, 4, 9, 11, 16, 18, 23, 25	\$36	\$53
March 2, 4, 9, 11, 16, 18, 23, 25	\$36	\$53
<b>Saturday</b>		
January 9, 16, 23, 30	\$23	\$34
February 6, 13, 20, 27	\$23	\$34
March 6, 13, 20, 27	\$23	\$34

### Parent/Child Classes

**Waterbabies** - A program for parents with children 6 to 36 months old that is centered on water adjustment. This class will also focus on safety and basic swimming skills

**You and Your Preschooler** - A program designed for parents and their children ages 2 to 5 years of age. This class allows parents to teach their children basic swimming skills with the same progression as the YMCA Aquatic Lesson program and provides needed assistance from an instructor. The class will also focus on water safety

### Preschool Classes (3-5 years)

**Pike** - Beginning Level, no previous swimming experience needed. This class will focus on water adjustment and basic skills

**Eel** - Child should be able to paddle on front, back and side for 15 feet with support and feel comfortable submerging face

**Ray** - Child should be able to paddle on front, back and side for 15 feet without support and feel comfortable in deep water

**Starfish** - Child should be able to paddle on front, back and side for 40 feet without support. This class will focus on increasing endurance and independence

### School-age Classes (6-12 years)

**Polliwog** - This class will focus on water adjustment and basic skills for school age children

**Guppy** - Child should be able to paddle on front, back and side for 25 yards with support and 20 feet without support

**Minnow** - Child should be able to paddle on front, back and side for 25 yards without support. The class will focus on defining paddles into strokes.