

## July-August 2010 Swim Lesson Schedule

\*Please Register no later than 5 days before the swim lesson start date\*

### M/W Classes

6:00 pm Ray  
Guppy  
You and Your Preschooler

6:30 pm Eel  
Minnow  
Pike

7:00 pm Guppy  
Pike  
Polliwog

### M-Th Classes

10:00 am Ray  
Guppy  
Pike

10:30am Eel  
Minnow  
Polliwog

11:00am Guppy  
Pike  
Polliwog



### Saturday Classes

9:00 am Waterbabies  
Starfish  
Minnow

9:30 am You/Your Preschooler  
Ray  
Eel

10:00 am Guppy  
Polliwog  
Pike

10:30 am Eel  
Polliwog  
Minnow

11:00 am Guppy  
Pike

### T/TH pm Classes

\*4:30 pm Lessons in July and August only

4:30\* pm Waterbabies  
Polliwog  
Minnow

5:00 pm Guppy  
Polliwog  
Pike

5:30 pm Minnow  
Pike  
Eel

6:00 pm Guppy  
Ray  
Starfish



**Swim Lesson Participants and guests must check in at Front Desk upon entering the facility.**



**No Shoes, Food or Drink allowed on Pool Deck!**

# July-September Session Dates & Cost:

\*We do not provide make-ups, refunds or credits for missed swim lessons\*

## Monday and Wednesday

Cost per Session:\$53  
Member Price: \$36

July 5, 7, 12, 14, 19, 21, 26, 28  
August 2, 4, 9, 11, 16, 18, 23, 25  
September \*13, 15, 21, 22, 27, 29

\*Cost: \$48  
\*Member Price: \$28

## Tuesday and Thursday

Cost per Session:\$53  
Member Price: \$36

July 6, 8, 13, 15, 20, 21, 27, 29  
August 3, 5, 10, 11, 17, 19, 24, 26  
September \*14, 16, 21, 23, 28, 30

\*Cost: \$48  
\*Member Price: \$28

## Monday-Thursday

Cost per Session:\$53  
Member Price: \$36

July 5-8 and 12-15  
July 19-22 and 26-29  
August 2-5 and 9-12  
August 16-19 and 23-26

## Saturday

Cost per Session:\$34  
Member Price: \$23

July 10, 17, 24, 31  
August 7, 14, 21, 28  
September\* 11, 18, 25

\*Cost: \$26  
\*Member Price: \$18

# Class Descriptions and Pre-requisites:

## Parent and 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. No previous swim experience required.

**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. No previous swim experience required.

## Preschool Classes (3-5 years)

**Pike** - Beginning level. This class will focus on water adjustment and basic skills. No previous swimming experience required.

**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. No previous swim experience required.

**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



We build strong kids, strong families, strong communities.

YOU ARE WHAT YOU DO | [WWW.YMCA-PORTLAND.ORG](http://WWW.YMCA-PORTLAND.ORG)