

# July-September 2009 Swim Lesson Schedule

## M/W Classes

10:00 am You & Your Preschooler  
6:00 pm Pike  
Ray  
Minnow  
6:30 pm Polliwog  
Guppy  
Eel  
7:00 pm Starfish  
Pike  
Polliwog

## T/TH Classes

10:00 am Waterbabies  
5:00 pm Starfish  
Polliwog  
Pike  
5:30 pm Pike  
Ray  
Minnow  
6:00 pm Polliwog  
Guppy  
Eel

## Saturday Classes

9:00 am Waterbabies  
Pike  
Guppy  
9:30 am You/Your Preschooler  
Polliwog  
Eel  
10:00 am Pike  
Ray  
Minnow  
10:30 am Polliwog  
Guppy  
Eel  
11:00 am Pike  
Polliwog

## Monday-Thursday Classes

10:00 am Pike  
Ray  
Minnow  
10:30 am Polliwog  
Guppy  
Eel



Clark County Family YMCA is a branch of the YMCA of Columbia-Willamette. When your child participates in Youth Sports at the YMCA everyone plays, everyone wins and there are no score boards.

## Session Dates & Cost

### Monday/Wednesday am/pm dates

July 6, 8, 13, 15, 20, 22, 27, 29	\$36/ \$53
August 3, 5, 10, 12, 17, 19, 24, 26	\$36/ \$53
September 9, 14, 16, 21, 23, 28, 30	\$31.50/\$46.50

### Tuesday and Thursday

July 7, 9, 14, 16, 21, 23, 28, 30	\$36/ \$53
August 4, 6, 11, 13, 18, 20, 25, 27	\$36/ \$53
September 8, 10, 15, 17, 22, 24, 29, and October 1st	\$36/ \$53

### Monday through Thursday

July 6-9 and 13-16	\$36/ \$53
July 20-23 and 27-30	\$36/ \$53
August 3-6 and 10-13	\$36/ \$53
August 17-20 and 24-27	\$36/ \$53

### Saturday

July 11, 18, 25 and August 1st	\$23/\$34
August 8,15,22,29	\$23/\$34
September 12, 19, 26 and October 3rd	\$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.