

## Swim Lessons

The purpose of the Community Y Swim Lesson Program is to build a strong body, mind, and spirit by incorporating five distinct components into the aquatic program. These are *Personal Safety, Personal Growth, Stroke Development, Water Sports/Games and Rescue*. These skills will be taught in the water and on deck using a variety of teaching methods and equipment. Life jackets, boats, water polo balls, rescue manikins, "noodles," synchronized swimming skills, hoops, rescue tubes and diving practice are a regular part of class.

	Member	Participant	
5-week session/ 2 times per week	\$30	\$60	<b>Only \$3 per class for members! Join today to get the member price!</b>
5-week session/ 1 time per week	\$15	\$30	
4-week session/ 2 times per week	\$24	\$48	
4-week session/ 1 times per week	\$12	\$24	

### Parent/Tot 6 months to 3 years

Location: Warm Water Rec Pool

Parents accompany their children at all times while an instructor guides parents in teaching their children fundamental safety and aquatic skills. Uses songs and games to teach water safety skills in a relaxed setting. A great way to introduce children to swimming and prepare them for preschool swim lessons. (30-minute class)

6:10 - 6:55 p.m. Tuesday

### Preschool Age Swim Lessons- Ages 3-5

**Preschool Classes (3-5 years): Child must be 3 by the start of the class.**

**Maximum enrollment is 6.**

The preschool program provides children with their first pool experience without parental assistance, in a safe, fun and positive learning environment. The Community Y reserves the right to combine class levels, or cancel classes for insufficient enrollment. In the event of a cancelled class, system credit will be given. Please consult with Aquatic Director to determine correct level.

### Pike/Eel

Location: Warm Water Rec Pool

**Pike...**This level helps children learn water adjustment, safe pool behavior, and independent movement in the water. *Skill Focus: Water adjustment, blowing bubbles, swimming and floating with assistance.*

**Eel...**This advanced beginner level reinforces Pike skills and is for children who are comfortable with water. Children will swim the length of the rec. pool unassisted by the instructor when completed.

*Skill Focus: Independent paddle stroke on front, back and side; independent floats, gliding.*

Pike and Eel class times are shared together.

9:15 - 10:00 a.m. M/W or T/TH  
 4:30 - 5:15 p.m. M/W or T/TH  
 5:20 - 6:05 p.m. M/W or T/TH  
 6:10 - 6:55 p.m. M/W or Thurs. only\* New Class Option!



## Ray/ Starfish

**Prerequisite:** Pass Pike/ Eel

**Location:** Rec Pool/ Lap Pool

**Ray...**Ray swimmers are ready to begin developing endurance as well as improving stroke skills. Swimmers will be encouraged to swim without floatation devices and will practice some skills in the lap pool.

*Skill Focus: Stroke development, rhythmic breathing, treading water, acclimation to deep water.*

**Starfish...**At this advanced level, swimmers prepare for youth age swim lessons. Children will swim several lengths of the lap pool when completed.

*Skill Focus: Stroke refinement, diving, underwater swimming, rescue skills.*

Ray and Starfish class times are shared together.

10:00 -10:45 a.m. M/W or T/Th

4:30 - 5:15 p.m. M/W or T/Th

5:20 - 6:05 p.m. M/W or T/Th

6:10- 6:55 p.m. Monday only\* New Class Option!



## Starfish Plus

**Prerequisite:** Pass Starfish

**Location:** Rec Pool/ Lap Pool

This class will challenge preschool children who have completed the skills at the Starfish level and are ready to learn more but are not old enough for youth classes. Students should be ready to learn advanced skills in all five components.

*Skill Focus: Stroke refinement, diving, turns, butterfly, water sports, endurance.*

4:30-5:15 p.m. T/TH

## Youth Age Swim Lessons- Ages 6 and up

Youth Classes (Age 6 and up): Child must be 6 by the start of the class.

Minimum enrollment is 4. Maximum enrollment depends on skill level. Please consult with Aquatic Director to determine correct level prior to registration. The Community Y reserves the right to combine class levels, or cancel classes for insufficient enrollment. In the event of a cancelled class, system credit will be given.

## Polliwog

**Prerequisite:** None

**Location:** Rec Pool/ Lap Pool

In this beginning level for school age children, swimmers are acquainted with the pool and learn water adjustment. Float devices are used to encourage students towards water independence.

*Skill Focus: Independent paddle strokes, floating, water safety, jumping unassisted.*

10:00 - 10:45 a.m. M/W New class time for summer!

4:30 - 5:15 p.m. M/W

5:20 - 6:05 p.m. M/W or Thurs. only\* New Class Option!

6:10 - 6:55 p.m. M/W

## Guppy

**Prerequisite:** Pass Polliwog skills

**Location:** Lap Pool

Guppies move toward stroke independence and will swim several lengths of the pool unassisted when completed. Swimmers should be comfortable swimming in deep water in order to build on previous skills.

*Skill Focus: Symmetrical and alternating paddle strokes, rotary breathing, floating, treading, kneeling dives.*

9:15 - 10:00 a.m.      M/W      New class time for summer!  
4:30 - 5:15 p.m.      M/W  
5:20 - 6:05 p.m.      T/Th  
6:10 - 6:55 p.m.      Mondays only\*      New Class Option!

## Minnow

**Prerequisite:** Pass Guppy skills

**Location:** Lap Pool

Minnows are intermediate swimmers and will progress with front crawl, back crawl, breast, elementary back, and side strokes. Swimmers will work on consistency and endurance. *Skill Focus: Stroke development, rhythmic breathing, standing dives, basic rescue skills.*

5:20 - 6:05 p.m.      M/W  
6:10 - 6:55 p.m.      Mondays only\*      New Class Option!

## Private Lessons

Private Lesson Age: 3 to adult

Available at flexible times when the pool is not in high use. Private lessons are set up by the Aquatic Director and passed to a private lesson instructor. The instructor will contact the parent and schedule convenient times that will work for swimmer and instructor. If a participant fails to come at a scheduled time without advance notice, the session is still counted and will require payment. Please call Aquatic Director to set up a lesson.

Member Fee:              \$50 for 4 x 30 minute session

Prog. Participant Fee:    \$72 for 4 x 30 minute session

Lessons must be purchased and registered in 2 hour punch cards through the Front Desk.

Typical lesson time is 30 minutes.

Maximum is 2 participants from the same family.

## Lightening Policy

Location: Rec Pool/ Lap Pool

When lightening is seen in the immediate vicinity of the Community Y, it is the policy of the YMCA of the USA to clear all pools for 20 minutes from the time of each lightening sighting. This includes the Lap Pool, Recreation Pool and Spa. Swimmers should move away from windows and doors during this time. The pools will be reopened only after the lightening has completely subsided by the end of the 20 minutes. The front desk will be notified as soon as the pools are closed and will be updated as to the timing for reopening. Swim lessons will do "dry land" activities during these times, while aquatics classes will attempt to run if there is enough time remaining after the 20 minutes. Any questions may be directed to Shelley Lechnir, Aquatics Director.

# Pool Schedules

## Recreational Pool

## 2010 Summer I Session

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45		Aqua Boot Camp		Aqua Boot Camp			
6:45-7:45	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics		
7:45-8:30	Senior Aqua	Water Walking	Senior Aqua	Water Walking	Water Walking		
8:30-9:15	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	P/E Polliwog	
9:15-10:00	P/E	P/E	P/E	P/E	Senior Open Swim P-T	P/E R/S	
10:00-10:45	R/S Polliwog	R/S HHH*	R/S Polliwog	R/S HHH*	Senior Open Swim		
11:00-12:00	Aqua-lates RH*	Silver Splash	Aqua-lates RH*	Silver Splash	Aqua-lates RH*		
12:00-1:00		Warm Water Lap Swim		Warm Water Lap Swim			
1:00-2:00	Open Swim	Senior Aqua	Open Swim	Senior Aqua	Open Swim	Open Swim	Open Swim
2:00-3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00-4:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30 - 5:15	P/E R/S Polliwog	P/E R/S Adapt-X	P/E R/S Polliwog	P/E R/S	Open Swim	Open Swim	Open Swim
5:20 - 6:05	P/E R/S Polliwog	P/E R/S	P/E R/S Polliwog	P/E R/S Polliwog	Open Swim	Open Swim	Open Swim
6:10 - 6:55	P/E R/S Polliwog	P-T Aqua Aerobics	P/E Polliwog	P/E Aqua Aerobics			
7:00 - 8:30	Open Swim	Open Swim	Open Swim	Open Swim			

\* Rusty Hinges class time is 10:45-11:30 AM

\* Hoppin Happy Hinges class time is 10:15-11 AM

KEY P/E = Pike/Eel

R/S = Ray/Starfish

P-T = Parent-Tot

RH = Rusty Hinges

HHH = Hoppin Happy Hinges

Adapt-X = Adaptive Aerobics

## Lap Pool

## 2010 Summer I Session

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00 - 7:00	Lap Swim DWA	Lap Swim MS	Lap Swim DWA	Lap Swim MS	Lap Swim DWA		
7:00 - 7:30	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST		
8:00-8:30	BWST	BWST	BWST	BWST	BWST	Lap Swim	
8:30 - 9:15	BWST	BWST	BWST	BWST	BWST	Lap Swim Guppy	
9:15 - 10:00	BWST Guppy	BWST	BWST Guppy	BWST	BWST	Lap Swim M F/FF	
10:15-11:00	Lap Swim DWA	Lap Swim	Lap Swim DWA	Lap Swim	Lap Swim DWA		
11:00-12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:00-1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:00-2:00						Lap Swim	Lap Swim
2:00-3:00						Lap Swim	Lap Swim
3:00-3:45						Lap Swim	Lap Swim
4:00 - 4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30 - 5:15	Lap Swim Gup	Lap Swim S+	Lap Swim Gup	Lap Swim S+	Lap Swim	Lap Swim	Lap Swim
5:20 - 6:05	Lap Swim Min	Lap Swim Gup	Lap Swim Min	Lap Swim Gup	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.
6:10 - 6:55	Lap Swim G/M	Lap Swim	Lap Swim	Lap Swim F/FF			
7:00 - 8:00	Lap Swim	Lap Swim MS ASL	Lap Swim	Lap Swim MS ASL			

Hours subject to change for events.

Please call for availability.

KEY G = Guppy

M = Minnow

F/FF = Fish/Fly Fish

S+ = Starfish Plus

MS = Master's Swim

ASL = Adult Swim Lessons

BWST = Blue Wave Swim Team

# Pool Schedules

## Recreational Pool

## 2010 Summer II Session

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45		Aqua Boot Camp		Aqua Boot Camp			
6:45-7:45	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics		
7:45-8:30	Senior Aqua	Water Walking	Senior Aqua	Water Walking	Water Walking		
8:30-9:15	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua		
9:15-10:00	P/E	P/E	P/E	P/E	Senior Open Swim		
10:00-10:45	R/S Polliwog	R/S HHH*	R/S Polliwog	R/S HHH*	Senior Open Swim		
11:00-12:00	Aqua-lates RH*	Warm Water Lap Swim	Aqua-lates RH*	Warm Water Lap Swim	Aqua-lates RH*		
12:00-1:00		Warm Water Lap Swim		Warm Water Lap Swim			
1:00-2:00	Open Swim	Senior Aqua	Open Swim	Senior Aqua	Open Swim	Open Swim	Open Swim
2:00-3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00-4:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30 - 5:15	P/E R/S Polliwog	P/E R/S Adapt-X	P/E R/S Polliwog	P/E R/S	Open Swim	Open Swim	Open Swim
5:20 - 6:05	P/E R/S Polliwog	P/E R/S	P/E R/S Polliwog	P/E R/S Polliwog	Open Swim	Open Swim	Open Swim
6:10 - 6:55	P/E R/S Polliwog	P-T Aqua Aerobics	P/E Polliwog	P/E Aqua Aerobics			
7:00 - 8:30	Open Swim	Open Swim	Open Swim	Open Swim			

\* Rusty Hinges class time is 10:45-11:30 AM  
 \* Hoppin Happy Hinges class time is 10:15-11 AM

KEY P/E = Pike/Eel RH = Rusty Hinges  
 R/S = Ray/Starfish HHH = Hoppin Happy Hinges  
 P-T = Parent-Tot Adapt-X = Adaptive Aerobics

## Lap Pool

## 2010 Summer II Session

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00 - 7:00	Lap Swim DWA	Lap Swim MS	Lap Swim DWA	Lap Swim MS	Lap Swim DWA		
7:00 - 7:30	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST	Lap Swim BWST		
8:00-8:30	BWST	BWST	BWST	BWST	BWST	Lap Swim	
8:30 - 9:15	BWST	BWST	BWST	BWST	BWST	Lap Swim	
9:15 - 10:00	BWST Guppy	BWST	BWST Guppy	BWST	BWST	Lap Swim	
10:15-11:00	Lap Swim DWA	Lap Swim	Lap Swim DWA	Lap Swim	Lap Swim DWA		
11:00-12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:00-1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:00-2:00						Lap Swim	Lap Swim
2:00-3:00						Lap Swim	Lap Swim
3:00-3:45						Lap Swim	Lap Swim
4:00 - 4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30 - 5:15	Lap Swim Gup	Lap Swim S+	Lap Swim Gup	Lap Swim S+	Lap Swim	Lap Swim	Lap Swim
5:20 - 6:05	Lap Swim Min	Lap Swim Gup	Lap Swim Min	Lap Swim Gup	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.	Lap Swim til 6 p.m.
6:10 - 6:55	Lap Swim G/M	Lap Swim	Lap Swim	Lap Swim			
7:00 - 8:00	Lap Swim	Lap Swim MS ASL	Lap Swim	Lap Swim MS ASL			

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