

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

*The YMCA Progressive Swimming Program is designed to provide a safe and fun learning environment with qualified swim instructors. Each program level includes stroke development and personal safety. Class size is limited to maximize individual attention. To determine which level is appropriate for your child, contact Susan Ahrens (548-3777).*

## AQUATIC CLASS DESCRIPTIONS

### PARENT & CHILD PROGRAM

**Ages 6 months to 36 months**

**Fees: Member: \$14 Other: \$44**

**SKIP** - Classes are designed to allow children 6-36 months old to have fun in the water while the parent guides him or her to learn aquatic skills. The primary objective is to get both the parent and child comfortable in the water. The child will be introduced to basic movements in the water, such as kicking, arm strokes and breath control.

**PERCH** - This level is designed for children 18-36 months old who are extremely comfortable in the water. You and your child will be introduced to aquatic skills including breath control, floating, water safety and moving independently through the water. It is recommended to participate in a Skip class before enrolling.

**ALMOST PIKE** - This class is designed for children ages 3-5 years old who are new to swimming and are not ready to be in a class without a parent. This is an instructor-led class that will teach the child not only the fundamentals of swimming, but to trust and listen to the instructor with the help of the parent.

### PRESCHOOL PROGRAM

**Ages 3 to 5 years**

**Fees: Member: \$14 Other: \$44**

*Preschool Program offers children their first experience in the pool without parental assistance. They are taught basic skills that are the building blocks of swimming.*

**PIKE** - Designed for new swimmers, focus is on pool safety, basic paddle stroke, kicking, and breath control. Must swim 5 feet without assistance to progress.

**EEL** - Skills include front and back paddle stroke, pool safety, and treading water. Must swim 15 feet without assistance to progress.  
Pre-requisite: Pike

**RAY** - Improve front and back paddle strokes. Jump off diving board into deep water. Must swim 20 feet without assistance to progress. Pre-requisite: Eel

**STARFISH** - Children at this level review previously learned skills and refine their strokes as well as their floating skills. Children can tread water in the deep end for at least 20-seconds and swim 15 yards on their front and back at the end of this level. Pre-requisite: Ray

### YOUTH PROGRAM

**Ages 6 and up**

**Fees: Member: \$14 Other: \$44**

*The Youth Program focuses on two major components – water safety and stroke development. Each skill builds upon the preceding level, with six levels covering all the strokes, diving fundamentals and safety.*

**POLLIWOG** - This is the beginning level for school-age children. Will learn water adjustment, front/back paddle stroke with and without instructional flotation device. By completion of class children will be able to swim the length of the pool with assistance.

**GUPPY** - Swimmers begin skills without flotation devices. They are introduced to freestyle with rotary breathing and backstroke. Children can swim the length of the pool without assistance by the end of this level. Pre-requisite: Polliwog

**MINNOW** - Swimmers will learn to tread water, refine freestyle and backstroke, and learn sidestroke and elementary backstroke and breaststroke. Children can swim freestyle and backstroke the length of pool by the end of this level. Pre-requisite: Guppy

**FISH** - Swimmers will refine all strokes, will be introduced to butterfly, and will work on increasing endurance. Children can swim 50 yards of freestyle and backstroke by the end of this level. Pre-requisite: Minnow

**FLYING FISH** - Swimmers will continue to refine all strokes. Will also work on underwater swimming and streamlining. Endurance is increased. Children can swim 100 yards of the individual medley at the end of this level. Pre-requisite: Fish

**SHARK** - Advanced Swimmers will continue to improve strokes and endurance. Turns are introduced. Children can swim two lengths of each stroke by the end of this level. Pre-requisite: Flying Fish.

# Y SWIM LESSONS™

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## Winter I Program Session Swim Lessons

### SKIP

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:40-6:10 pm   |
| Greenville | Saturday | 9:45-10:15 am  |
| Versailles | Thursday | 6:15-6:45 pm   |
| Versailles | Saturday | 10:15-10:45 am |

### PERCH

|            |          |                |
|------------|----------|----------------|
| Greenville | Saturday | 10:15-10:45 am |
|------------|----------|----------------|

### ALMOST PIKE

|            |          |                |
|------------|----------|----------------|
| Versailles | Thursday | 6:15-6:45 pm   |
| Versailles | Saturday | 10:15-10:45 am |

### PIKE

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Tuesday  | 6:15-6:45 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Greenville | Saturday | 10:50-11:20 am |
| Versailles | Thursday | 5:05-5:35 pm   |
| Versailles | Thursday | 6:15-6:45 pm   |
| Versailles | Saturday | 10:15-10:45 am |

### EEL

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:45-7:15 pm   |
| Greenville | Saturday | 9:10-9:40 am   |
| Greenville | Saturday | 11:20-11:50 am |
| Versailles | Thursday | 5:05-5:35 pm   |
| Versailles | Saturday | 9:40-10:10 am  |

### RAY

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:15-6:45 pm   |
| Greenville | Saturday | 10:50-11:20 am |
| Versailles | Thursday | 5:40-6:10 pm   |
| Versailles | Saturday | 9:05-9:35 am   |

\*Please see the class descriptions on pg. 7 to find the appropriate class placement for your child.

### STARFISH

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:15-6:45 pm   |
| Greenville | Saturday | 10:50-11:20 am |
| Versailles | Thursday | 5:40-6:10 pm   |
| Versailles | Saturday | 9:05-9:35 am   |

### POLLIWOG

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:45-7:15 pm   |
| Greenville | Saturday | 9:10-9:40 am   |
| Greenville | Saturday | 11:20-11:50 am |
| Versailles | Thursday | 5:05-5:35 pm   |
| Versailles | Saturday | 9:40-10:10 am  |

### GUPPY

|            |          |               |
|------------|----------|---------------|
| Greenville | Tuesday  | 5:40-6:10 pm  |
| Greenville | Saturday | 9:45-10:15 am |
| Versailles | Thursday | 5:40-6:10 pm  |
| Versailles | Saturday | 9:05-9:35 am  |

### MINNOW

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:40-6:10 pm   |
| Greenville | Saturday | 10:15-10:45 am |
| Versailles | Saturday | 10:45-11:15 am |

### FISH

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Versailles | Saturday | 10:45-11:15 am |

### FLYING FISH

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Versailles | Saturday | 10:45-11:15 am |

### SHARK

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Versailles | Saturday | 10:45-11:15 am |

# Y SWIM LESSONS™

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## Winter II Program Session Swim Lessons

### SKIP

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:45-7:15 pm   |
| Greenville | Saturday | 9:45-10:15 am  |
| Versailles | Saturday | 10:15-10:45 am |

### PERCH

|            |          |                |
|------------|----------|----------------|
| Greenville | Saturday | 10:15-10:45 am |
|------------|----------|----------------|

### ALMOST PIKE

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:40-6:10 pm   |
| Versailles | Thursday | 6:15-6:45 pm   |
| Versailles | Saturday | 10:15-10:45 am |

### PIKE

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Tuesday  | 6:15-6:45 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Greenville | Saturday | 10:50-11:20 am |
| Versailles | Thursday | 5:05-5:35 pm   |
| Versailles | Thursday | 6:15-6:45 pm   |
| Versailles | Saturday | 10:45-11:15 am |

### EEL

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:45-7:15 pm   |
| Greenville | Saturday | 9:10-9:40 am   |
| Greenville | Saturday | 11:20-11:50 am |
| Versailles | Thursday | 6:15-6:45 pm   |
| Versailles | Saturday | 9:40-10:10 am  |

### RAY

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:15-6:45 pm   |
| Greenville | Saturday | 10:50-11:20 am |
| Versailles | Thursday | 5:40-6:10 pm   |
| Versailles | Saturday | 9:05-9:35 am   |

### STARFISH

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 6:15-6:45 pm   |
| Greenville | Saturday | 10:50-11:20 am |
| Versailles | Thursday | 5:40-6:10 pm   |
| Versailles | Saturday | 9:05-9:35 am   |

### POLLIWOG

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 7:15-7:45 pm   |
| Greenville | Saturday | 9:10-9:40 am   |
| Greenville | Saturday | 11:20-11:50 am |
| Versailles | Thursday | 5:05-5:35 pm   |
| Versailles | Saturday | 9:40-10:10 am  |

### GUPPY

|            |          |               |
|------------|----------|---------------|
| Greenville | Tuesday  | 5:40-6:10 pm  |
| Greenville | Saturday | 9:45-10:15 am |
| Versailles | Thursday | 5:40-6:10 pm  |
| Versailles | Saturday | 9:05-9:35 am  |

### MINNOW

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 7:15-7:45 pm   |
| Greenville | Saturday | 10:15-10:45 am |
| Versailles | Saturday | 10:15-10:45 am |

### FISH

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Versailles | Saturday | 10:15-10:45 am |

### FLYING FISH

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Versailles | Saturday | 10:15-10:45 am |

### SHARK

|            |          |                |
|------------|----------|----------------|
| Greenville | Tuesday  | 5:05-5:35 pm   |
| Greenville | Saturday | 8:35-9:05 am   |
| Versailles | Saturday | 10:15-10:45 am |