

# 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.*

## AQUATIC CLASS DESCRIPTIONS

### PARENT & CHILD PROGRAM

**Ages 6 months to 36 months**

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

**Summer Fees: Member: \$10 Other: \$32**

**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**

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

**Summer Fees: Member: \$10 Other: \$32**

*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 the side of the pool 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**

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

**Summer Fees: Member: \$10 Other: \$32**

*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.

## Greenville Swim Lessons

### Spring 2010 Swim Lessons

#### **SKIP**

Greenville	Tuesday	10:30-11:00 am
Greenville	Tuesday	6:50-7:20 pm
Greenville	Saturday	9:45-10:15 am

#### **PERCH**

Greenville	Saturday	10:55-11:25 am
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#### **ALMOST PIKE**

Greenville	Tuesday	5:05-6:35 pm
Greenville	Saturday	10:20-10:50 am

#### **PIKE**

Greenville	Tuesday	11:05-11:35 am
Greenville	Tuesday	4:30-5:00 pm
Greenville	Tuesday	6:15-6:45 pm
Greenville	Saturday	8:35-9:05 am
Greenville	Saturday	9:10-9:40 am

#### **EEL**

Greenville	Tuesday	6:15-6:45 pm
Greenville	Saturday	9:10-9:40 am

#### **RAY**

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

#### **STARFISH**

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

#### **POLLIWOG**

Greenville	Tuesday	5:40-6:10 pm
Greenville	Saturday	9:10-9:40 am

#### **GUPPY**

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

#### **MINNOW**

Greenville	Tuesday	6:50-7:20 pm
Greenville	Saturday	10:55-11:25 am

#### **FISH**

Greenville	Tuesday	5:05-5:35 pm
Greenville	Saturday	8:35-9:05 am

### Spring 2010 Swim Lessons

#### **FLYING FISH**

Greenville	Tuesday	5:05-5:35 pm
Greenville	Saturday	8:35-9:05 am

#### **SHARK**

Greenville	Tuesday	5:05-5:35 pm
Greenville	Saturday	8:35-9:05 am

### Summer I/Summer II 2010 Swim Lessons

#### **PERCH**

Greenville	Tuesday	6:20-6:50 pm
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#### **PIKE**

Greenville	Tuesday	5:05-5:35 pm
Greenville	Tuesday	6:20-6:50 pm

#### **EEL**

Greenville	Tuesday	6:20-6:50 pm
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#### **RAY**

Greenville	Tuesday	5:45-6:15 pm
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#### **STARFISH**

Greenville	Tuesday	5:45-6:15 pm
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#### **POLLIWOG**

Greenville	Tuesday	4:30-5:00 pm
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#### **GUPPY**

Greenville	Tuesday	5:05-5:40 pm
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#### **MINNOW**

Greenville	Tuesday	5:45-6:15 pm
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#### **FISH**

Greenville	Tuesday	4:30-5:00 pm
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#### **FLYING FISH**

Greenville	Tuesday	4:30-5:00 pm
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#### **SHARK**

Greenville	Tuesday	4:30-5:00 pm
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## Versailles Swim Lessons

### Spring 2010 Swim Lessons

#### SKIP

Versailles	Tuesday	12:00-12:30 pm
Versailles	Thursday	5:40-6:10 pm
Versailles	Saturday	9:00-9:30 am

#### ALMOST PIKE

Versailles	Thursday	5:05-5:35 pm
Versailles	Saturday	9:40-10:10 am

#### PIKE

Versailles	Tuesday	12:40-1:10 pm
Versailles	Thursday	5:05-5:35 pm
Versailles	Thursday	6:20-6:50 pm
Versailles	Saturday	9:00-9:30 am
Versailles	Saturday	10:20-10:50 am

#### EEL

Versailles	Tuesday	1:20-1:50 pm
Versailles	Thursday	6:20-6:50 pm
Versailles	Saturday	10:20-10:50 am

#### RAY

Versailles	Tuesday	2:00-2:30 pm
Versailles	Thursday	5:40-6:10 pm
Versailles	Saturday	9:00-9:30 am

#### STARFISH

Versailles	Tuesday	2:40-3:10 pm
Versailles	Thursday	5:40-6:10 pm
Versailles	Saturday	9:00-9:30 am

#### POLLIWOG

Versailles	Thursday	4:30-5:00 pm
Versailles	Thursday	5:40-6:10 pm
Versailles	Saturday	9:40-10:10 am
Versailles	Saturday	11:00-11:30 am

#### GUPPY

Versailles	Thursday	5:05-5:35 pm
Versailles	Thursday	6:20-6:50 pm
Versailles	Saturday	9:40-10:10 am

#### MINNOW

Versailles	Thursday	4:30-5:00 pm
Versailles	Saturday	10:20-10:50 am

### Spring 2010 Swim Lessons

#### FISH

Versailles	Thursday	4:30-5:00 pm
Versailles	Saturday	10:20-10:50 am

#### FLYING FISH

Versailles	Thursday	6:20-6:50 pm
Versailles	Saturday	11:00-11:30 am

#### SHARK

Versailles	Thursday	6:20-6:50 pm
Versailles	Saturday	11:00-11:30 am

### Summer I/Summer II 2010 Swim Lessons

#### SKIP

Versailles	Thursday	5:40-6:10 pm
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#### ALMOST PIKE

Versailles	Thursday	5:05-5:35 pm
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#### PIKE

Versailles	Wednesday	9:00-9:30 am
Versailles	Thursday	5:05-5:35 pm
Versailles	Thursday	6:20-6:50 pm

#### EEL

Versailles	Wednesday	9:40-10:10 am
Versailles	Thursday	6:20-6:50 pm

#### RAY

Versailles	Wednesday	10:20-10:50 am
Versailles	Thursday	5:40-6:10 pm

#### STARFISH

Versailles	Thursday	5:40-6:10 pm
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#### POLLIWOG

Versailles	Wednesday	11:00-11:30 am
Versailles	Thursday	4:30-5:00 pm
Versailles	Thursday	5:40-6:10 pm

#### GUPPY

Versailles	Wednesday	11:40 am-12:10 pm
Versailles	Thursday	5:05-5:35 pm
Versailles	Thursday	6:20-6:50 pm

Versailles Summer Swim Lessons continued on pg. 10

# YSWIM LESSONS™

We build strong kids, strong families, strong communities.

## Summer I/Summer II 2010 Swim Lessons

### MINNOW

Versailles Thursday 4:30-5:00 pm

### FISH

Versailles Thursday 4:30-5:00 pm

### FLYING FISH

Versailles Thursday 6:20-6:50 pm

### SHARK

Versailles Thursday 6:20-6:50 pm

# YSCUBA™

We build strong kids, strong families, strong communities.

## I TRIED SCUBA

Want to see what scuba is all about? This class is offered to individuals who have an interest in Scuba and want to know more. The first half of the class will be devoted to the classroom and will provide a brief orientation to the sport, equipment and safety. Participants will be in the pool in the next half and will actually use equipment and breathe underwater. Anyone 12 and over may participate. Youth ages 12-15 must be accompanied by a parent. **If you decide to continue with Scuba, the fee will be applied to the Scuba course.**

**Fees:** Member: \$50 Other: \$50  
Greenville Wed., April 14 6:00-10:00 pm

Instructor: Twink Miller

## SCUBA

Are you ready to take the plunge? Come try this scuba diving course. The registration fee includes classroom introduction, books, pool training and the use of selected scuba equipment. This is a seven-week course starting on April 14. Anyone 12 and over may participate. Youth ages 12-15 must be accompanied by a parent. Fees do not include check out dive for certification requirements.

**Fees:** Member: \$250 Other: \$280  
Greenville Wednesday 6:00-10:00 pm

Instructor: Twink Miller

# YADULT LEAGUES™

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## OPEN WALLYBALL

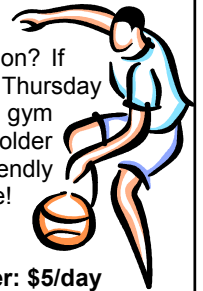
Racquetball Court 3 will be reserved on Friday nights for any adults interested in having tons of fun playing Wallyball! Come learn how to play and meet new people.



**Fees:** FREE Member Benefit!  
Greenville Friday 6:00-9:00 pm

## MEN'S OPEN GYM

Are you ready for some full-court press action? If so, come to the YMCA on Tuesday and Thursday nights for pick-up basketball games. Adult gym time will be set aside for any man 18 and older wanting to show off his skills in some friendly competition. Bring a friend and your "A" game!



**Fees:** Member: FREE Other: \$5/day

## Spring Program Session

Greenville Tue/Thu 8:00-9:30 pm  
Versailles Tue/Thu 8:00-9:30 pm

## Summer Program Sessions

Greenville Tue/Thu 7:30-9:00 pm  
Versailles Tue/Thu 7:30-9:00 pm



## ULTIMATE FRISBEE

Have you always wanted to learn or at least try Ultimate Frisbee or maybe you used to play and your skills are a little rusty? We will offer some basic skills and drills as well as some friendly competition. You can sign up for only the weeks you want to come! Grab your friends and join us on Thursday nights for "pick-up" Ultimate Frisbee!

## Spring and Summer Sessions

**Fees:** Member: \$2/week Other: \$4/week

Youth (Ages 7 and up)  
Greenville Tuesday 5:30-6:30 pm  
Teen/Adults (Ages 16 and up)  
Greenville Thursday 6:00-7:00 pm  
Versailles Thursday 6:00-7:00 pm

