

SWIM LESSONS

Trained Y instructors teach YMCA swim lessons including safety education, skill development and growth through games and group activities.

Children (3-5 years) FEE: \$50 per session

Pike: Beginner level class emphasizes safe pool behavior, blowing bubbles, kicking & floating on their back. These skills will be introduced through a variety of games & fun activities.

Eel: Class builds on the basic swimming skills learned in the Pike Class. Student will continue to improve skills including floating, kick and swim on the front and back without any assistance.

Advanced Eel: Children learn to swim & take a breath. Freestyle, backstroke & elementary backstroke are introduced. Students are exposed to deep water & begin learning to tread water & diving positions.

Youth (6 years and up) FEE: \$50 per session

Polliwog: Beginner level class emphasizes safe pool behavior, blowing bubbles, kicking & floating on their back. Freestyle is introduced.

Guppy: Class is an introduction to deep water. Students learn to tread water, practice front crawl with rotary breathing, introduction to back crawl & changing positions in the water.

Advanced Guppy: (Requires instructor approval)

Continues to learn & improve swim strokes. Builds confidence while working on stand up dives & surface dives.

Minnow: Increases endurance & confidence while perfecting strokes & diving skills while increasing endurance & confidence while perfecting strokes & diving skills. Introduces breaststroke, sculling & butterfly kick.

Fish: Class continues to build endurance by increasing swim distances, as well as, working on techniques in freestyle, breaststroke, and backstroke. Students will also be introduced to flip-turns & diving skills.

TWO WEEK CLASSES

Classes meet Monday through Thursday for two weeks

SESSION A		June 24-July 3
SESSION B		July 8-July 18
SESSION C		July 22-Aug 1
SESSION D		Aug 5-Aug 15

NO SWIM LESSONS ON JULY 4TH
(July 4th classes will take place on June 28th)

PIKE	10:30-11:00 AM
POLLIWOG	10:30-11:00 AM
EEL	11:00-11:30 AM
GUPPY	11:00-11:30 AM
ADVANCED GUPPY	11:30-12:00 PM
ADVANCED EEL	11:30-12:00 PM
MINNOW	12:00-12:30 PM
FISH	12:00-12:30 PM

PRIVATE & SEMI-PRIVATE LESSONS

Provides one-on-one attention for those ranging from the competitor wanting to fine tune their form and strategy, to those that are just beginning and/or wish to get over their fear of the water.

5 - 1/2 Hour Lessons for \$90 (Private)

5- 1/2 Hour Lessons for \$75 (Semi-Private)

Prices are per person.

FOUR WEEK CLASSES

Classes meet twice weekly. Tuesdays/Thursdays

SESSION 1	June 25-July 18
SESSION 2	July 23-Aug 15
(July 4th class will take place on July 3rd)	
PIKE	5:15-5:45 pm
POLLIWOG	5:15-5:45 pm
EEL	5:45-6:15 pm
GUPPY	5:45-6:15 pm

Registrations for swim lessons will be held on June 10th, 12th and 15th. 3-6 PM at the Caveman Pool office.



The YMCA reserves the right to combine or cancel classes when necessary.

Class fees are non-refundable once session begins.



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FOR HEALTHY LIVING
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