



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER SWIM LESSON SCHEDULE

## NORTHERN YORK COUNTY BRANCH

**Registration:**  
Thursday, January 3rd  
at 5am. Register online  
or at the Membership  
Desk. Registration is  
required for all classes  
listed on this schedule.

**Lessons Held:**  
January 13<sup>th</sup> 2019  
through March 16<sup>th</sup>  
2019\*.  
(8 Week Session)  
\*Classes will not be held  
February 17<sup>th</sup> through  
February 23<sup>rd</sup>.

**Fee:** \$20 with Family  
Membership or \$73  
with Youth/Program  
Membership

All classes have a  
minimum enrollment of  
3. Maximum enrollment  
varies based on the  
class. Classes will not  
run if a minimum  
enrollment has not been  
met.

Polliwog classes  
highlighted in BOLD will  
be held in the small pool.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SKIP</b>		8:30a-9:00a				
<b>Shrimp/ Kipper</b>						9:35a-10:05a
<b>Inia/Perch</b>				4:20-4:50p		10:10a-10:40a
<b>Pike/Parent</b>				3:45p-4:15p		10:45-11:15a
<b>Pike</b>	3:45p-4:15p	4:10p-4:40p		4:20p-4:50p	3:45p-4:15p	9:00a-9:30a
<b>Eel</b>	4:20p-4:50p	4:45p-5:15p	3:45p-4:15p	4:55p-5:25p		9:00a-9:30a
<b>Ray/ Starfish</b>	3:45p-4:15p	4:10p-4:40p				10:25a-10:55a
<b>Polliwog</b>	<b>4:55p-5:40p</b>	<b>5:20p-6:05p</b>		4:55p-5:40p	5:10p-5:55p	9:35a-10:20a
<b>Guppy</b>	5:10p-5:55p	4:45p-5:30p	5:10p-5:55p	5:45p-6:30p	4:20p-5:05p	9:50a-10:35a
<b>Minnow</b>	4:20p-5:05p	5:35p-6:20p				10:40a-11:25a
<b>Fish/Flying Fish</b>			4:20p-5:05p			9:00a-9:45a
<b>Springboard Diving</b>						9:00a-10:00a

**Showers are mandatory. No exceptions!**

For safety reasons, children are not permitted to enter the pool until the instructor begins the class. Thank you for your cooperation.

Goggles and swim caps are encouraged. Please tie up hair in bun or braid before class.

Two tight fitting layers for those who are not potty trained – this includes a swim diaper covered by a rubber pant



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## SWIM LESSONS AT THE YMCA

The YMCA's Aquatics Program is part of our mission to help people develop character and a positive sense of self worth. Using the YMCA of the USA's National Swim Lesson Program we help children and adults learn to swim at their own pace.

**\*Showers are required before entering the pool. Hair must be up in a cap or tied up in a bun or braid.**

**YOUTH LESSONS:** We offer youth lessons for children 6 months and older. Children who are not potty trained must wear reusable rubber pants over a disposable swim diaper.

**Fee:** \$20 with Family & Single Adult with Family memberships (30 or 45 minute class once a week depending on the level). \$73/session with Youth (8 years & up) and Youth Program (0-7 years) memberships.

**Each member may sign up for one lesson per session. If, after the first week of the session there is still space in classes, members may sign up for an additional lesson.**

## PRE-SCHOOL & YOUTH SWIM LEVEL REQUIREMENTS

**SKIP:** For children ages 6 months–3 years with parent. This class is a combination of Shrimp/Kipper and Inia/Perch (see descriptions below).

**Shrimp/Kipper:** For children ages 6-12 months with parent. This class is an introductory class for those children just starting out, with parents in the pool with them. It introduces children to the water through songs and games.

**Inia/Perch:** Ages 1 to 3 years with Parent. An Instructor will guide parents in teaching body position, blowing bubbles with face in the water, floating, paddle skills, and fundamental safety and aquatics skills. Fun songs and aquatic activities will also increase confidence while learning to have fun in the water.

**Pike & Parent:** Ages 3 to 5 with Parent. This class is an introductory class for those children who are just starting out and need a parent in the water with them. This class helps get children comfortable and more independent in the water. Buoyancy belts are used along with skills and songs. Parents will be encouraged to let their child participate in the class on their own when they are ready.

**Pike:** Ages 3 to 5. This is a non-swimmer or a child who does not like to get their face wet. Buoyancy belts are used. Must be able to swim half the width of the small pool without floatation to pass to Eel level.

**Eel:** Ages 3 to 5. This child must be able to get their face wet and paddle halfway across the pool without floatation. We are working off floatation devices and the child should show confidence without the belt. Beginner stroke skills are being taught at this level. Must be able to swim the length of the small pool without floatation to pass to Ray/Starfish level.

**Ray/Starfish:** Ages 3 to 5. For children who are swimming without buoyancy belts. They can put their whole face under and will start to learn front crawl, back crawl, elementary back stroke, etc. They will also be able to tread water, do the survival float, and learn kneel and stand up dives. This class takes place primarily in the big pool, so they must be able to swim the length of the small pool to be in this level.

## Ages 6 and up

**Polliwog:** For the older child who has never had lessons; may be hesitant to get their face wet or who is still doggy paddling. Focus on water adjustment, beginner's strokes and floating. Classes take place in either the small pool or the large pool (please see schedule for specific location). Must be able to swim width of small pool to move up to Guppy level

**Guppy:** This child has gone through Pike-Starfish and/or Polliwogs. They are ready to go into the deeper water and work on the front crawl, backstroke, elementary backstroke, breast stroke, and endurance at a much higher level. Basic sidestroke will be introduced. Classes will take place in the large pool. Must be able to do front crawl with rudimentary rotary breathing and be able to pass our **Green Band** swim test before moving up to Minnow.

**Minnow:** This child is ready to start doing laps and really working on perfecting their strokes with the front crawl, backstroke, elementary backstroke, breast stroke, and sidestroke. All of these will go for a longer distance than the previous class. Must be able to do front and back stroke proficiently and be working towards breast stroke before moving to the Fish/Flying Fish level.

**Fish/Flying Fish:** This child will start learning Sculling, feet first surface dives, and open and flip turns on front and back with glides. They will be able to tread water and float more. Stroke skills will continue to be developed and refined, including breast stroke. The butterfly stroke will be introduced and refined. They will start to work on numerous yards for all the strokes; front crawl, backstroke, elementary backstroke, breast stroke, and sidestroke. Students will learn Pike and Tuck surface dives.