



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SWIM LESSON SCHEDULE

PINELAND BRANCH

Registration:

Thursday, January 3rd
(On-line or at the Membership Desk)

Registration required for all classes listed on this schedule.

Online registration opens at 5:00 am.

Classes Held:

January 13-March 16

Cost: \$20 with Family or Single Adult with Family Memberships, or \$73 for Youth Program Members

One Class per Session per Member

(This does not allow for taking classes at multiple Y branches. We fill many of our swim lesson classes across the association, and want to enable as many children to participate as possible in a class. Thank you for your cooperation!)

All members are required to shower before entering the pool. No exceptions!

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

| Class Name | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|---|--|--|--|-----------------------|---|
| Shrimp/ Kipper/ Inia/ Perch/ | 4:30-5:00 (Emily) | | | 9:30-10:00 (Nancy) 3:30-4:00 (Emily) | 9:30-10:00 (Dana) | 10:15-10:45 (Emily) |
| Pike | 4:00-4:30 (Courtney) 5:00-5:30 (Emily) | 4:45-5:15 (Emily) 5:15-5:45 (Emily) | 3:30-4:00 (Courtney) 4:00-4:30 (Courtney) | 10:00-10:30 (Nancy) 4:00-4:30 (Emily) 4:30-5:00 (Emily) | 10:00-10:30 (Dana) | 8:00-8:30 (Gage) 8:30-9:00 (Gage) |
| Eel | 4:30-5:00 (Isaac) | | 4:00-4:30 (Jean) 4:30-5:00 (Jean) | | | 9:00-9:30 (Gage) 9:30-10:00 (Gage) |
| Ray/ Starfish | | | | | | |
| Polliwog | 5:00-5:45 (Isaac) | | 4:30-5:15 (Gage) | | | 9:30-10:15 (Isaac) |
| Guppy | | | 5:15-6:00 (Gage) | 5:00-5:45 (Gage) | | 8:45-9:30 (Isaac) |
| Pre-minnow | | | 6:00-6:45 (Gage) | | | 8:00-8:45 (Isaac) |



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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.

PRIVATE LESSONS

Half hour and hour long private and semi-private lessons are available on an on-going basis to members of all ages and can be scheduled through the aquatics office.

Fee

\$40/half hour private lesson; \$60/hour private lesson

\$30/half hour semi-private lesson (per person); \$45/hour semi-private lesson (per person)

YOUTH LESSONS

We offer lessons for ages 6 months and up. Children who are not potty trained must wear two tight fitting layers around the waist and legs. (Reusable rubber pants over disposable swim diaper)

Fee

Youth Lessons are \$20 with Family & Single Adult Family memberships (30 or 45 minute class once a week)

\$70/session with Youth (8 years & up) and Youth Program (0-7 years) memberships

PRESCHOOL & YOUTH SWIM LEVEL BREAKDOWN

Shrimp/Kipper/Inia/Perch: Ages 6 months to 3 years with parent

Shrimp/Kipper: Ages 6 months to 2 years with parent

Inia/Perch: Ages 2-3 years with parent

Pike: Beginner 'Non-swimmer' - 3-5 years old or participated in Inia/Perch

Eel: Intermediate - 3-5 and completed the Pike level

Ray/Starfish: Advanced level - 3-5 years old and completed Eel level

Polliwog: Beginner Level 'Non-swimmer' - Ages 6 & Up

Guppy: Beginner/Intermediate Level - Has passed Polliwog, Ages 6 & Up

Pre-Minnow: Intermediate Level - Can swim front & back stroke for 25 yards, must be at least 6 years.

These levels are not offered at Pineland due to pool size, but can be found at our other branches.

Fish: Intermediate Level - Has practiced all strokes, Ages 7 & Up, Big Pool

Flying Fish/Shark: Advanced Level - Must be at least 8 years old, Big Pool

Showers are **required** before entering the pool.

Shoulder length or longer hair must be up in a cap or tied up in a bun, braid or ponytail.