

YOUTH AQUATIC PROGRAMS

YOUTH SWIM LESSONS - 6 & OVER

East

M	Polliwog, Guppy, Minnow, Fish/FlyingFish	7:00-7:45pm
TU	Polliwog, Guppy	4:00-4:45pm
TU	Minnow, Fish, FlyingFish, Shark	4:45-5:30pm
TU	Polliwog, Guppy, Minnow, Fish/FlyingFish	7:00-7:45pm
TH	Polliwog, Guppy, Minnow, Fish/FlyingFish	7:00-7:45pm
SA	Minnow, Fish, FlyingFish, Shark	9:00-9:45am
SA	Polliwog, Guppy	9:45-10:30am
		M \$38 P \$76

Northeast

M	Guppy	4:00-4:45pm
M	Minnow	5:15-6:00pm
M	Polliwog	5:45-6:30pm
M	Polliwog, Guppy, Minnow	6:30-7:15pm
M	Fish, FlyingFish/Shark	7:15-8:00pm
W	Polliwog, Minnow	4:15-5:00pm
W	Polliwog, Guppy	6:30-7:15pm
W	Guppy, Fish	7:15-8:00pm
SA	Flying Fish/Shark	9:30-10:15am
SA	Polliwog, Guppy, Minnow/Fish	10:30-11:15am
SA	Guppy	11:15am-12:00pm
		M \$38 P \$76

West

M	Polliwog, Guppy	2:30-3:15pm
M	Minnow, Fish	3:15-4:00pm
T	Polliwog	4:00-4:45pm
T	Minnow	4:45-5:30pm
T	Polliwog, Guppy, Minnow	7:00-7:45pm
TH	Guppy	4:00-4:45pm
TH	Fish, FlyingFish	4:45-5:30pm
TH	Fish, FlyingFish, Shark	7:00-7:45pm
SA	Polliwog, Guppy	10:30-11:15am
SA	Minnow, Fish, FlyingFish, Shark	11:15am-12:00pm
SU	Polliwog, Guppy	4:30-5:15pm
SU	Minnow, Fish, FlyingFish, Shark	5:15-6:00pm
		M \$38 P \$76

Classes may be combined due to pool space and class enrollment.

Log Rolling info on page 4



YOUTH LESSON DESCRIPTIONS

The prerequisites indicate what the child is expected to do prior to the class in which they will be participating. Listed below are some of the skills and activities that the child will be working on in that level.

Polliwog – Beginning swim skills (*ARC Level 1 & 2)

Prerequisites: Must be at least 6 yrs. old; no swim skills necessary
Skills/Activities: Water adjustment and feel comfortable submerging face, front & back float with IFD, front paddle, back paddle, and side paddle (all strokes 10 yds with IFD and 5 ft. without IFD).
Next Level based on Instructor's Recommendation: Polliwog or Guppy

Guppy – Advanced beginning swim skills (*ARC Level 3)

Prerequisites: Polliwog skills
Skills/Activities: Front & back float, tread water, jump into deep water, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds)
Next Level based on Instructor's Recommendation: Guppy or Minnow

Minnow – Intermediate swim skills (*ARC Level 4)

Prerequisites: Guppy skills
Skills/Activities: Resting float, tread water for 1 minute, confident in deep water, front and back alternating stroke with overarm recovery, rotary breathing, rudimentary breaststroke, side stroke, elementary backstroke (all strokes 25 yds)
Next Level based on Instructor's Recommendation: Minnow or Fish

Fish – Advanced swim skills (*ARC Level 5)

Prerequisites: Minnow skills
Skills/Activities: Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 50 yds) Rudimentary butterfly 25 yds with fins and 15 ft without. Tread water for 2 minutes.
Next Level based on Instructor's Recommendation: Fish or Flying Fish or Swim Team

Flying Fish – Advanced swim skills (*ARC Level 6)

Prerequisites: Fish skills
Skills/Activities: Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 100 yds) Rudimentary butterfly 25 yds. Tread water for 6 minutes. Flip turns.
Next Level based on Instructor's Recommendation: Flying Fish or Shark or Swim Team

Shark – Advanced swim skills (*ARC Level 7)

Prerequisites: Flying Fish skills
Skills/Activities: Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 100 yds) Rudimentary butterfly 25 yds. Flip turns, 200 yds individual medley (butterfly, backstroke, breaststroke and freestyle with starts and flip turns).
Next Level based on Instructor's Recommendation: Shark, or Swim Team

*ARC = American Red Cross

On American Red Cross GuardStart

Lifeguarding tomorrow is designed to prepare 10-14 year olds to take Red Cross Lifeguarding certification programs and for future work as lifeguards. The GuardStart program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible lifeguards. Lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism. Participants must be at a YMCA Fish Level/American Red Cross Level 5 or higher.

Northeast

M	Ages 10-14	5:00-6:30pm
	Includes course manual	M \$48 P \$86

YOUTH PROGRAMS

SWIM TEAM PROGRAMS

On Stroke Clinic

An excellent opportunity to learn/review the competitive techniques and to sharpen your present stroke proficiency involved in freestyle, backstroke, breaststroke, and butterfly. Course includes starts and turns for all strokes. For swimmers who can swim 4 lengths non-stop.

East - April 12 – May 7 4 weeks

Group	Ages	Practice	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$55 P \$ 75
2	11-18	M-F	4:00-5:30pm	M \$95 P \$115

Northeast - April 12-May 14 5 weeks M \$70 P \$100

M/W/F	Ages	Beginners	Time
	6-10		6:00-7:00pm
	11-18	Advanced	7:00-8:00pm

On Pre-Swim Team Stroke Clinic

Pre-Swim Team Stroke Clinic is for swimmers ages 6-12 who are looking to try the YMCA swim team who have not participated in it before. Pre-Swim Team is also a great way to get ready for summer swimming. The clinic will focus on developing and refining on stroke technique, starts and turns. Swimmers should have knowledge of all 4 competitive strokes and have the endurance to swim for an hour.

West - April 19-May 28 6 weeks M \$85 P \$125

M/W	Ages	Time
	6-12	6:30-7:30pm

NEW! West Spring Swim Team

The Spring Swim Team is for those interested in continuing swim team into the spring and for those looking to get ready for summer swimming. The Spring Swim Team practices will focus on stroke technique and endurance training. Swim Meets are also offered, which will be primarily Long Course 50M. Dry land training will take place at the start of practice for the first 15 min. Must be a YMCA Member.

West - April 19 – May 28. 6 weeks

Group	Ages	Practice Days	Time	Cost
1	12 & under	M/W/F	3:45-5:30pm	\$125

West - April 19 – May 28. 6 weeks

Group	Ages	Practice Days	Time	Cost
2	12 & over	M-TH	7:00-9:00pm	\$150

Spring Swim Team Registration: March 1- April 9

Summer Swim Team Registration: March 1- May17

West Summer Swim Team

Summer Swim Team is for competitive swimmers looking to improve their swimming skills and endurance over the summer. Practices are held at the Middleton Cross Plains Indoor Pool (25yds) and the UW Madison Southeastern Recreational Facility (50M). Swim Meets are also offered, which will be primarily Long Course 50M. Swimmers must be able to perform all 4 competitive strokes and have the endurance to train for 2 hours. Dry land training will take place the first half hour of practice on T/TH/F from 3:00-3:30pm and swimming will be from 3:30-5:30pm.

West - June 1 – August 5. 10 weeks

Group	Ages	Practice Days	Time	Cost
1	8-18	T/TH/F (MHS)	3:00-5:30pm	\$185
2	8-18	M/W (SERF) T/TH/F (MHS)	7:00-8:45pm 3:00-5:30pm	\$300

Swim Team Booster Fee \$25.00

• Splash Fees for participating in swim meets will be billed throughout the Swim Team Season.

Spring/Summer Swim Team Combined Discount

April 19-August 5 16 weeks

Swimmers who register for both Spring and Summer Swim Team will receive a 10% discount. Swimmers must be registered in the Spring to receive the discount.

On Summer Swim “Tune-up” Clinic

This clinic is designed to focus on preparing the athlete for Summer Swim competition. We will work on stroke technique, endurance, and starts/turns. The “Tune-up” Clinic will run under the direction of Head coach Lynn Stickels and Coach Michael Rudie.

East - May 17 – May 28 2 weeks

Group	Ages	Practice	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$25 P \$35
2	11-18	M-F	4:00-5:30pm	M \$50 P \$65

East Summer Swim Team

Our Swim Team provides swimmers ages 7 – college, the opportunity to excel in the sport of swimming. The East YMCA Swim Team is the place for swimmers to reach personal and also team goals. Our coaches take the extra effort to help your swimmer become the best they can be. The Summer Swim Team Program will run under the direction of Head Coach Lynn Stickels and Coach Michael Rudie. Their philosophy, knowledge and experience will enhance your athlete’s swim team experience in competition and team orientated atmosphere. This is a great opportunity for youth, high school and college swimmers to perfect their strokes for the upcoming swim season.

- All MEYO practices are held at the East YMCA
- Swim Team participants must be YMCA members.

East - June 1- July 31. 9 weeks

Group	Ages	Practice	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$ 90
2	11-18	M-F	4:00-5:30pm	M \$185

Swim Team Booster Fee: \$25.00

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