

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 \$50 P \$100

Four 2 Week Sessions *S1-S4 dates

M-TH	Polliwog, Guppy	10:00-10:45am
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M \$40 P \$80

Northeast

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

M \$50 P \$100

Four 2 Week Sessions *S1-S4 dates

M-TH	Polliwog, Guppy, Minnow/Fish	9:00-9:45am
M-TH	Polliwog, Guppy, Fish/FlyingFish/Shark	10:15-11:00am

M \$40 P \$80

West

M	Guppy, Minnow	2:30-3:15pm
T	Polliwog, Guppy, Minnow	9:30-10:15am
T	Polliwog, Guppy, Minnow	7:00-7:45pm
W	Fish, FlyingFish	2:30-3:15pm
TH	Guppy, Minnow, Fish	9:30-10:15am
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, Flying Fish	5:15-6:00pm

M \$50 P \$100

Five 2 Week Sessions *S1-S5 dates

M-TH	Polliwog, Guppy, Minnow, Fish	4:15-5:00pm
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M \$40 P \$80

*Session Dates:

- S1-June 14-24
- S2-June 28-July 8
- S3- July 12-22
- S4- July 26-August 5
- S5- August 9-19

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



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

**NO CLASSES
Sunday July 4!**

YOUTH AND TEEN AQUATIC PROGRAMS

SUMMER SWIM TEAM PROGRAMS

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 Days	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

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. Participants must be a YMCA Member.

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-F (SERF)	7:00-8:45pm	\$300

Swim Team booster fee: \$25.00

- Splash Fees will be billed after the last meet participated in for the Summer Swim Team Season.

Registration: Monday March 1 - May 17, 2010

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 - June 15-July 8

T/TH Ages 10-14 10:00-11:30am
Includes course manual M \$50 P \$90



On Lifeguard Training with CPR/AED/First Aid

American Red Cross training includes: CPR/AED/First Aid/Lifeguard. Prerequisite: Minimum age of 15, swim 300 yards continuously. Participants must attend all classes listed for that session, no make up classes are offered. Register at YMCA now!

East Session B

M June 14 8:30am-4:30pm
T/W/TH June 15, 16, 17 9:00am-4:00pm
F June 18 9:00am-2:00pm

Northeast

M-F August 9-13 8:00am-4:00pm
M \$190 P \$200

On Teen Swim Lessons - All abilities welcome!

This class is designed for teens who are in need of beginner level instruction, as well as for those who want to improve their strokes and continue to an advanced level.

East

M Ages 13+ 7:45-8:30pm
TH Ages 13+ 9:00-9:45am

Northeast

M Ages 13-17 7:15-8:00pm

West

SA Ages 13+ Beginner Level 1 8:00-8:45am
SA Ages 13+ Adv. Beginner Level 2 8:45-9:30am
M \$50 P \$100

NEW! On Kids Mini-Triathlon

Northeast - Proceeds benefit YGive

Swim in the pool, bike around the block, and run in the parking lot. So come on, give it a TRI!! Don't forget your bike!

Friday June 25th 6:00pm M \$5 P \$10

4 Heats: Preschoolers (walkers through age 4)

- Grades K-2
- Grades 3-5
- Grades 6-8



Log Rolling info on page 36

YAQUATICS™