

YOUTH AND TEENS AQUATIC PROGRAMS

YOUTH SWIM LESSONS - 6 & OVER

East		M \$40 P \$80
M	Polliwog, Guppy, Minnow, Fish/Flying Fish	7:00-7:45pm
TU	Polliwog, Guppy	4:00-4:45pm
TU	Minnow, Fish, Flying Fish, Shark	4:45-5:30pm
TU	Polliwog, Guppy, Minnow, Fish/Flying Fish	7:00-7:45pm
TH	Polliwog, Guppy, Minnow, Fish/Flying Fish	7:00-7:45pm
SA	Minnow, Fish, Flying Fish, Shark	9:00-9:45am
SA	Polliwog, Guppy	9:45-10:30am
Northeast		M \$40 P \$80
M	Guppy	4:00-4:45pm
M	Polliwog, Minnow	5:15-6:00pm
M	Polliwog, Guppy, Minnow	6:30-7:15pm
M	Fish, Flying Fish/Shark	7:15-8:00pm
W	Polliwog, Minnow	4:45-5:30pm
W	Polliwog, Guppy, Minnow	6:30-7:15pm
W	Guppy, Fish	7:15-8:00pm
SA	Fish, Flying Fish/Shark	9:30-10:15am
SA	Polliwog, Guppy, Minnow	10:30-11:15am
SA	Guppy	11:15am-12:00pm
West		M \$40 P \$80
M	Polliwog, Guppy	2:30-3:15pm
M	Minnow, Fish	3:15-4:00pm
T	Polliwog	4:00-4:45pm
T	Guppy	4:45-5:30pm
T	Polliwog, Guppy, Minnow	7:00-7:45pm
TH	Guppy	4:00-4:45pm
TH	Fish, Flying Fish	4:45-5:30pm
TH	Polliwog, Flying Fish, Shark	7:00-7:45pm
SA	Polliwog, Guppy	10:30-11:15am
SA	Minnow, Fish, Flying Fish, Shark	11:15am-12:00pm
SU	Polliwog, Guppy, Minnow	4:30-5:15pm
SU	Polliwog, Guppy, Fish, Flying Fish, Shark	5:15-6:00pm

*Classes may be combined due to pool space and class enrollment.
No classes on Monday September 6, 2010.

American Red Cross GuardStart

Build a foundation of knowledge, attitudes and skills to be a responsible lifeguard. 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		Fall II only M \$50 P \$90

Teen Swim Lessons - All abilities welcome!

Designed for teens who are in need of beginner level instruction, and 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

W	Ages 13-17	7:15-8:00pm
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West

SA	Ages 13+ Beginner Level 1	8:00-8:45am
SA	Ages 13+ Adv. Beginner Level 2	8:45-9:30am
		M \$40 P \$80

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

**IFD = Individual Flotation Device

Log Rolling info on page 4

NOT SURE OF LEVEL?

If you are unsure about the swim level to sign your child up for, please call Aquatics Director or Assistant Aquatics Director.