

Y SWIM LESSONS TM

We build strong kids, strong families, strong communities.

2009 Summer Sessions	Start	End	Registration Dates	
			Facility Member	Program Member
Fall 1	8-Sep	11-Oct	17-Aug	20-Aug
Fall 2	12-Oct	15-Nov	28-Sep	1-Oct
Fall 3	16-Nov	20-Dec	2-Nov	5-Nov

*Lesson fees are per session and will not be prorated for planned closure dates

SKIP	Perch	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark
											
6.-30mo.	19-36mo.	3-5yrs	3-5 yrs	3-5 yrs	3-5 yrs	6-14yrs	6-14yrs	6-14yrs	6-14yrs	6-14yrs	6-14yrs

Monday & Wednesday <i>FM: \$45.00 PM: \$75.00</i>	1:00pm	Pike	Eel	Polliwog						
	1:30pm	Pike	Ray	Starfish						
	5:00pm	Pike	Eel	Polliwog						
	5:30pm	See Monday or Wednesday Only								
	6:00pm	Skip	Eel	Ray	Starfish	Minnow	Fish	Flying Fish		
	6:30pm	Perch	Pike	Polliwog	Guppy	Flying Fish	Shark	Adult		

Monday Only Wednesday Only <i>FM: \$25.00 PM: \$40.00</i>	5:30pm	Pike	Eel	Ray	Polliwog				
	5:30pm	Pike	Eel	Ray	Polliwog				

Tuesday & Thursday <i>FM: \$45.00 PM: \$75.00</i>	10:00am	Skip	Perch	Pike	Polliwog				
	10:30am	Pike	Eel	Ray	Starfish				
	5:00pm	Pike	Eel	Starfish	Polliwog	Guppy	Minnow		
	5:30pm	Polliwog	Flying Fish	Shark	See also Tuesday or Thursday Only				
	6:00pm	Pike	Ray	Starfish	Polliwog	Guppy	Minnow	Fish/Flying	

Tuesday Only Thursday Only <i>FM: \$25.00 PM: \$40.00</i>	5:30pm	Pike	Eel	Ray	Guppy	Minnow		
	5:30pm	Pike	Eel	Ray	Guppy	Minnow		

Saturday <i>FM: \$25.00 PM: \$40.00</i>	10:00am	Skip	Pike	Ray	Starfish	Polliwog	Guppy	Minnow
	10:30am	Perch	Pike	Pike	Minnow	Fish	Flying Fish	Shark
	11:00am	Pike	Eel	Polliwog	Adult			

Sunday <i>FM: \$25.00 PM: \$40.00</i>	1:00pm	Eel	Ray	Starfish	Fish	Flying Fish	Shark
	1:30pm	Pike	Polliwog	Guppy	Minnow		

Level Placement

Each level is described with the skills that the participant should currently have to be in that level.

Pike (*preschool*)

- Beginning level for 3-5 year olds
- May or may not be comfortable in water
- Swims less than 5ft with face in water
- Swims less than 5ft on back

Eel (*preschool*)

- Comfortable submerging face in water
- Ability to front and back float for 5 seconds
- Swims w/comfort & ease at least 5 ft w/ face in water
- Swims comfortably w/out assist. on back at least 5ft
- Ability to Front glide 5ft
- Ability to Back glide 5ft

Ray (*preschool*)

- Swims w/comfort & ease at least 10 ft w/ breathing
- Swims backstroke comfortably 10 ft w/out help
- Front and Back glides for 10 ft
- Can rotate from back float to front float and back
- Can demonstrate elementary backstroke kick

Starfish (*preschool*)

- Swims crawlstroke with beginning side breathing
- Can Backstroke 20ft w/out assist and w/ proper arms
- Elementary Backstroke 20 ft without assistance
- Proper Breaststroke kick 20 ft

Polliwog (*youth*)

- Beginning Level for 6-14 year olds (**YOUTH**)
- May or may not be comfortable in water
- Swims less than 40ft with face in water
- Swims less than 40ft on back

Guppy (*youth*)

- Front & Back floats for 10 seconds
- Front & Back glides for 10 ft
- Crawlstroke 40ft
- Backstroke 40ft
- Elementary Backstroke 40ft

Minnow (*youth*)

- Rotate Back float to front float and back
- Crawlstroke w/ basic side breathing 25 yds
- Backstroke 25 yds
- Can demonstrate basic breaststroke kick
- Elementary Backstroke 25 yds

Fish (*youth*)

- Breaststroke kick 25 yds
- Basic Dolphin Kick
- Crawlstroke w/side breathing 25 yds
- Backstroke 25 yds
- Elementary Backstroke 25 yds

Flying Fish (*youth*)

- Dolphin Kick 25 yds
- Crawlstroke w/side breathing 50 yds
- Backstroke 50 yds
- Elementary Backstroke 50 yds
- Breaststroke 25 yds
- Basic Butterfly

Shark (*youth*)

- Crawl w/side breathing, open turns -100yds
- Backstroke w/open turns - 100 yds
- Breaststroke w/two hand touches - 50yds
- Butterfly 15 ft w/out fins, 25 ft with fins
- Backstroke, Crawlstroke flip turns
- Tread Water - 3 minutes

