

SWIM LESSONS

WINTER SCHEDULE

PROGRAM OVERVIEW

The Bellevue Family YMCA provides swimming lessons consistent with the National YMCA guidelines. These classes are designed to make adjustments to the water easy and fun for all ages. Students are divided into classes based on age and ability. Trained instructors emphasize personal safety, swimming skills, endurance and social skills through praise and encouragement.

We expect children to learn and progress at their own rate, and some children will need more than one session to master the necessary skills needed to advance to the next level.

EXPRESS REGISTRATION. Reserved for Facility Members currently enrolled in a session of swim lessons.

FACILITY REGISTRATION. Reserved for Facility Members not currently enrolled in a session of swim lessons. Facility Members pay a monthly fee for full facility access and discounts on any fee-based programs. Monthly fees vary by membership type. Please ask a Membership Services Representative for specific membership inquiries.

PROGRAM REGISTRATION. Reserved for all Program Members regardless of current enrollment status. All participants must have, at minimum, a program membership. Please ask a Membership Services Representative for specific membership inquiries.

REGISTRATION DATES AND DUES:

	Dates:	Group Lesson Dues:
EXPRESS	October 24th-25th	\$30
FACILITY	October 26th-November 6th	\$30
PROGRAM	October 27th-November 6th	\$60*
*Program members must pay an additional program membership fee (\$15.00 one-time or \$35.00 annual).		

Winter Session begins on November 9th and ends on December 20th.

Updated 10/21/09

SWIM LESSONS

CLASS OVERVIEW

PARENT-CHILD SWIM LESSONS (6-36 MONTHS)

SHRIMP. (6 to 24 months): This is an introduction to the aquatic environment for parents & their children. Class is focused on water adjustment and basic swimming skills to prepare them for a lifetime of swimming.

PERCH. (24 to 36 months): This class is for parents & older toddlers who may be comfortable in the water or just working on water adjustment. Skills learned will prepare them for the preschool levels.

PRE-SCHOOL SWIM LESSONS (3-5 YEARS)

PIKE. There are no prerequisites for this class. This beginning level helps children develop safe pool behavior, adjust to the water & learn independent movement in the water.

EEL. This level is for children who are comfortable in the water & getting their face wet. Prerequisites for enrollment: children must be able to paddle on their front & back for 5ft without help before entering this level.

RAY. At this level, children will review previous skills improve upon stroke skills and build endurance. Prerequisites for enrollment: children must be able to paddle on their front back & side for 15ft without support.

STARFISH. Children at this level build upon previously learned skills and refine their strokes. The focus on the class is to build endurance & independence. Prerequisites for enrollment: children must be able to swim the length of the pool on their front & back, using strokes vs. paddles.

YOUTH SWIM LESSONS (6-12 YEARS)

POLLIWOG. This is the beginning level for non swimmers. The focus on the class is on water adjustment & the basic skills for strokes will be built upon.

GUPPY. Children need to be able to: paddle on front side with face in the water for 25 yards using flotation & 20 feet without, paddle on backside with body horizontal for 25 yards using flotation and 20 feet without, paddle on side with ear in water for 25 yards with flotation & 20 feet without.

MINNOW. Children need to be able to swim: front crawl with rotary breathing for 25 yards, basic breaststroke with rhythmic breathing for 25 yards, side alternating paddle for 25 yards, back crawl with straight arms for 25 yards & basic elementary backstroke for 25 yards.

FISH. Children need to be able to swim: front crawl with side breathing & arm glide on front side for 25 yards, basic breaststroke with rhythmic breathing & glide for 35 yards, basic sidestroke with scissor kick for 35 yards, & elementary backstroke with glide for 25 yards.

FLYING FISH. Children need to be able to swim: 100 yards (focus on efficiency), front crawl with side breathing & flip turns, breaststroke with pull-breathe-kick-glide rhythm and open turns, elementary backstroke with glide, backstroke with body roll, bent arm pull, and open turns, sidestroke with scissor kick and glide, & basic butterfly (15 yards only).

SHARK/PORPOISE. Children need to be able to swim: 100 (focus on endurance and pace), front crawl with bilateral breathing and flip turns, breaststroke with proper rhythm & open turns, elementary backstroke with flexed hips and glide, backstroke with body roll, bent arm pull and flip turns, sidestroke (alternate sides) with scissor kick, lifesaving stroke (50 yards), butterfly (25 yards).

ADULT SWIM CLASSES (13 YEARS AND UP)

BEGINNER ADULT. Designed for adults with little or no swimming abilities. Focus is on water adjustment, safety & confidence in the water. This class will give swimmers an opportunity to improve their skills by setting goals & working on the fundamentals of stroke development.

INTERMEDIATE ADULT. For adults comfortable in shallow and deep water who want to improve the proficiency of their strokes. Intermediate adult focuses on stroke technique and building endurance. This level provides adults with the experience & benefit of swimming as an exercise program.

ADVANCED ADULT. This level refines previously learned strokes, builds endurance and prepares swimmers for our Masters program. Advanced adult is a workout based class that allows participants to experience swimming as a social activity.

Updated 10/21/09

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PRIVATE SWIM LESSONS

The two week break between sessions are also used for private lessons for members who need help with specific skills that are required for them to advance to their next swim level.

We will arrange private lessons as instructors and pool space are available. Private Lesson Interest Forms are located at the front desk. Private lessons are offered in blocks of four lessons only and may accommodate up to three participants. Perfect for siblings who swim at the same level.

	Dues:	
FACILITY	\$120	4 X 30 minute lessons
PROGRAM	\$160*	4 X 30 minute lessons
*Program members must pay an additional program membership fee (\$15.00 one-time or \$35.00 annual).		

REFUND POLICY & MAKE-UP CLASSES

- If a participant withdraws from the class before the first class begins, we will refund 100% of the class.
- If a participant withdraws after the first day of class and the class isn't full, we will refund 100% of the remaining classes.
- If a participant withdraws after the first day of class and the class is full, we will refund 60% of the remaining classes. This is compensation for the participant taking a space we possibly could have filled.

Credits & Refunds may only be given during the current session. You must request credits and refunds in a timely manner.

REASONS FOR CREDITS/REFUNDS. Broken arms, chicken pox, serious illnesses, family emergencies etc. We do not offer credits for vacations, scheduling conflicts, or minor illnesses such as cold and flu. We cannot give refunds or makeup days for missed classes.

FOR MORE INFORMATION:

Melissa Chamberlin, Aquatics Director
206-746-9900
mchamberlin@seattleyymca.org

Updated 10/21/09

BELLEVUE FAMILY YMCA
SWIMMING LESSONS



SWIM LESSONS

WINTER SCHEDULE

LEVEL	CLASS	MONDAY NOV. 9— DEC. 14	TUESDAY NOV. 10— DEC. 15	WEDNESDAY NOV. 11— DEC. 16	THURSDAY NOV. 12— DEC. 17	FRIDAY NOV. 13— DEC. 18	SATURDAY NOV. 14— DEC. 19	SUNDAY NOV. 15— DEC. 20
PARENT-CHILD	SHRIMP/ PERCH						10:00am	11:00am
PRE	PIKE		10:00am 4:00pm 5:00pm		10:00am 4:00pm 5:00pm		11:00am	10:30am 11:30am
PRE	EEL		10:30am 4:30pm 5:00pm		10:30am 4:30pm 5:00pm		11:30am	10:30am
PRE	RAY		4:30pm 5:30pm		4:30pm		10:00am	11:00am
PRE	STARFISH				5:30pm		10:30am	11:30am
YOUTH	POLLIWOG		4:00pm 5:30pm		4:00pm 5:30pm		10:00am 10:30am 11:30am	10:30am
YOUTH	GUPPY		4:00pm 4:30pm 5:00pm		4:00pm 4:30pm 5:00pm		10:00am 11:00am	10:00am 10:30am
YOUTH	MINNOW		4:30pm		4:30pm		11:30am	10:00am 11:00am
YOUTH	FISH		5:00pm		5:30pm		11:00am	10:30am
YOUTH	FLYING FISH		5:30pm		5:30pm		10:30am	10:00am 11:30am
YOUTH	SHARK/ PORPOISE	4:00pm 4:30pm		4:00pm 4:30pm			12:00pm 12:30pm	12:00pm 12:30pm
ADULT	BEGINNER	5:00pm		5:30pm			9:00am	9:30am
ADULT	INTERMEDIATE	5:30pm		5:00pm			9:30am	9:00am
ADULT	ADVANCED							9:00am 9:30am

All classes are 30 minutes in length.
Times above indicate the start time of each class.

FOR MORE INFORMATION:

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