

Sammamish Family YMCA

Fall 2009 Swim Lesson Schedule

SESSIONS		REGISTRATION DATES		SESSION COST	
M/W or T/Th Classes	Facility Member	Program Member	Facility Member	Program Member	
Sep. 8—Oct. 8* <i>No class Sept. 7</i>	Monday, Aug. 24	Tuesday, Aug. 25	\$67.50 M/W \$75.00 T/TH	\$81.00 M/W \$90.00 T/TH	
Oct. 12—Nov. 12	Monday, Oct. 5	Tuesday, Oct. 6	\$75.00	\$90.00	
Nov. 16—Dec. 17* <i>No class Nov. 26</i>	Monday, Nov. 9	Tuesday, Nov. 10	\$75.00 M/W \$67.50 T/TH	\$90.00 M/W \$81.00 T/TH	
Saturday Classes	Facility Member	Program Member	Facility Member	Program Member	
Sep. 12—Oct. 10	Monday, Aug. 24	Tuesday, Aug. 25	\$56.25	\$67.50	
Oct. 17—Nov. 14	Monday, Oct. 5	Tuesday, Oct. 6	\$56.25	\$67.50	
Nov. 21—Dec. 19* <i>No class Nov. 28</i>	Monday, Nov. 9	Tuesday, Nov. 10	\$45.00	\$54.00	

***Classes will not be held Monday, Sept. 7, Thursday, Nov. 26 or Saturday, Nov. 28**

Preschool Levels (ages 3-5)

PIKE

Mon/Wed	5:00-5:30pm
Mon/Wed	5:35-6:05pm
Tue/Thu	5:00-5:30pm
Saturday	9:00-9:45am

RAY

Mon/Wed	6:10-6:40pm
Tue/Thu	5:35-6:05pm
Saturday	10:40-11:25am

STARFISH

Mon/Wed	6:10-6:40pm
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EEL

Mon/Wed	5:35-6:05pm
Tue/Thu	5:35-6:05pm
Saturday	10:40-11:25am

Aquatics Supervisor
Melanie Wise
425-391-4840 ext.13
mwise@seattleyymca.org
sammamishymca.org

Youth Levels (ages 6-11)

POLLIWOG

Mon/Wed	5:35-6:05pm
Tue/Thu	5:00-5:30pm
Saturday	9:00-9:45am

FISH

Mon/Wed	6:45-7:15pm
Tue/Thu	6:10-6:40pm
Saturday	11:30-12:15pm

GUPPY

Mon/Wed	5:00-5:30pm
Mon/Wed	6:45-7:15pm
Tue/Thu	6:10-6:40pm
Saturday	9:50-10:35am

FLYING FISH

Mon/Wed	5:00-5:30pm
Tue/Thu	6:45-7:15pm

SHARK

Mon/Wed	6:45-7:15pm
Saturday	11:30-12:15pm

MINNOW

Mon/Wed	6:10-6:40pm
Tue/Thu	6:45-7:15pm
Saturday	9:50-10:35am

EVERYONE IS WELCOME!

The YMCA is a membership organization open to all people. If you cannot afford the full cost of a YMCA Program or Membership, please ask for a confidential scholarship application. Financial assistance, to the extent possible, is available to those in need. It is the member's or participant's responsibility to provide his or her own accident and health insurance. The YMCA does not provide any such coverage for members or participants.

The YMCA of Greater Seattle is a charitable, non-profit organization serving King and south Snohomish Counties since 1876.



YSWIM LESSONS™

We build strong kids, strong families, strong communities.

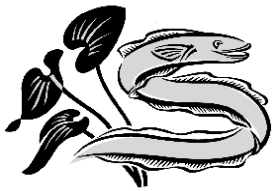
Preschool Program

Ages 3 to 5 yrs



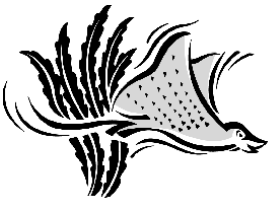
Pike-

This entry level class seeks to introduce safety and beginning skills while building confidence and trust.



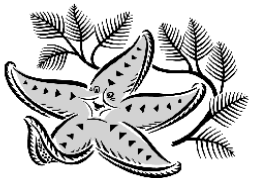
Eel-

In this level of lessons we will continue to work on the crawl and back stroke as the students begin to breath and swim on their own.



Ray-

In this level children will work on refining their strokes, breathing to the side, and increasing their endurance. Parts of new strokes will be introduced.



Starfish-

This is the top level for our 3-5 year old children. We will work on the breast stroke, crawl stroke, and back stroke while swimming longer distances.

Youth Program

Ages 6 to 11 yrs



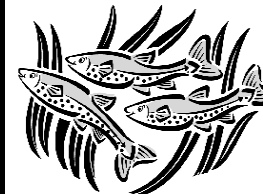
Polliwog-

In this entry level class we will teach the students safety and skills to help them to begin swimming independently.



Guppy-

In this level students will be working on building their endurance while refining their stroke. We will work on side breathing, proper crawl stroke technique, and the back stroke.



Minnow-

At this level we will focus on refining the crawl and back strokes, as well as putting the pieces of the breaststroke together. The distances will increase at this level.



Fish-

The fish will be swimming laps of the crawl, back and breast strokes. We will focus on making sure the different parts of the strokes are working together properly.



Flying Fish-

The Flying Fish will be in almost constant motion. We will work on improving the butterfly and building their endurance to swim 30 minutes straight. We will also learn flip turns.



Shark-

This is our top level of lessons. Our sharks will be swimming great distances using all of the strokes and techniques. We will correct any problem areas the swimmer might have.

**Level
Descriptions**