

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

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Registration begins: Metro Members - May 15

Program Members - May 22

Subsessions:

A	June 7 - June 17, 2010	(4 Days/Week for 2 Weeks)
B	June 21 - July 1, 2010	(4 Days/Week for 2 Weeks)
C	July 12 - July 22, 2010	(4 Days/Week for 2 Weeks)
D	August 2 - August 12, 2010	(4 Days/Week for 2 Weeks)
E	June 14 - August 7, 2010	(1 Day/Week for 8 Weeks)

Class	\$ FEES		Code	Sub Session	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P									
Parent/Child											
Parent/Child	32	80	200MA	E		4:30-5:00 PM					
Parent/Child	32	80	200M	E		7:10-7:40 PM					
Parent/Child	32	80	200S	E							11:40-12:10PM
Preschool (3-5 yrs)											
Preschool (3-5yrs)	32	80	202	ABCD		10:45-11:15 AM	10:45-11:15 AM	10:45-11:15 AM	10:45-11:15 AM		
Preschool (3-5yrs)	32	80	202A	ABCD		11:20-11:50 AM	11:20-11:50 AM	11:20-11:50 AM	11:20-11:50 AM		
Preschool (3-5yrs)	32	80	202M	E		4:30-5:00 PM					
Preschool (3-5yrs)	32	80	202MA	E		6:35-7:05 PM					
Preschool (3-5yrs)	32	80	202TP	E					6:30-7:00 PM		
Preschool (3-5yrs)	32	80	202S	E							11:05-11:35 AM
Youth (6-8 yrs)											
Youth (6-8 yrs)	32	80	204	ABCD		10:00-10:40 AM	10:00-10:40 AM	10:00-10:40 AM	10:00-10:40 AM		
Youth (6-8 yrs)	32	80	204M	E		5:05-5:45 PM					
Youth (6-8 yrs)	32	80	204MA	E		5:50-6:30 PM					
Youth (6-8 yrs)	32	80	204TH	E					5:45-6:25PM		
Youth (6-8 yrs)	32	80	204S	E							10:20-11:00 AM
Youth (9-12 yrs)											
Youth (9-12 yrs)	32	80	206	ABCD		10:00-10:40 AM	10:00-10:40 AM	10:00-10:40 AM	10:00-10:40 AM		
Youth (9-12 yrs)	32	80	206M	E		5:50-6:20 PM					
Youth (9-12 yrs)	32	80	206TH	E					5:00-5:40 PM		
Youth (9-12 yrs)	32	80	206S	E							9:35-10:15 AM
Teen/Adult											
Teen/Adult	32	80	210M	E		7:10-7:40 PM					
Teen/Adult	32	80	210S	E							8:30-9:15 AM

M = YMCA Metropolitan Member **P** = YMCA Program Member (must have active Program Membership)

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.

5/20/2010

POOL HOURS

Mon-Fri 5:30 am-9:45 pm

Sat 7:00 am-7:45 pm

Sun 11:00 am-6:45 pm

Grove City YMCA - 614-871-9622

Suzie Damron - Aquatic Director : sdamron@ymcacolumbus.org

Jenny Puett - Associate Aquatic Director : jpuett@ymcacolumbus.org

Youth Swim Lessons: Ages 6-12 Swim lessons build on stroke development, rescue, personal growth, personal safety, water sports and games. Children move through progressive levels as they increase swimming distance, endurance and ability with each level.

Polliwog: Beginner level for school age children to become acquainted with the water and begin to learn front, back and side strokes using a floatation device.

Guppy: Upon entering this level, students must be able to swim 20 feet independently. Students refine previously learned strokes and are introduced to breaststroke, elementary backstroke and sidestroke.

Minnow: Students should be able to swim 25 yards of front, back and sidestroke. Swimmers will cover all four strokes as well as higher endurance swimming skills.

Fish: Swimmers must be able to swim 25 yards of front crawl stroke with rotary breathing, back crawl stroke, and side stroke with scissors kick. Students work to perform the crawl, elementary backstroke, back crawl, and sidestroke, with turns. Introduction to butterfly is included.

Flying Fish: Students work on refining their strokes and increasing their endurance up to 100 yards for many of the strokes.

Shark: Students continue to improve their strokes, with starts and turns, and are introduced to a variety of new strokes. Opportunities are provided for further work on personal safety, boating safety and rescue skills.

Porpoise: Students are exposed to a variety of aquatic experiences throughout the class. These advanced swimmers learn new strokes and rescue skills as well as develop leadership skills.

Adult / Teen Swim Lessons: Ages 13- adult. Teens and adults learn basic swim and safety skills. Techniques for overcoming fear of water are also covered. Classes can range from beginner swimmers, all the way through those in competitive leagues, or those who just want refinement.

Special Needs Swim Lessons: Participants will work with an instructor to learn how to enjoy the water, develop motor skills, and practice personal safety skills. One parent, or aid may be required to participate in the water.