

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Grove City YMCA - 614-871-9622

Suzie Damron - Aquatic Director : sdamron@ymcacolumbus.org

Stephanie Suerdieck - Aquatics Coordinator : ssuerdieck@ymcacolumbus.org

Fall 1 2010, September 6 - October 24, 2010

Registration begins: Metro Members - July 31

Program Members - August 7

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P								
Parent/Child										
Parent/Child	28	68	200F						10:30-11:00AM	
Parent/Child **	24	58	200M		7:05-7:35PM					
Parent/Child	28	68	200T			10:00-10:30AM				
Parent/Child	28	68	200S							9:00-9:30AM
Parent/Child	28	68	200SA							11:40AM-12:10PM
Parent/Child	28	68	200TH				7:00-7:30PM			
Pikes with Parents	28	68	201F						10:30-11:00AM	
Preschool										
Mommy/Daddy & Me	28	68	MDM202TH					7:00-7:30PM		
Preschool	28	68	202F						10:00-10:30AM	
Preschool	28	68	202T			11:00-11:30AM				
Preschool **	24	58	202MA		11:30AM-12:00PM					
Preschool **	24	58	202MB		6:30-7:00PM					
Preschool	28	68	202S							11:05-11:35AM
Preschool	28	68	202THA				5:45-6:15PM			
Preschool	28	68	202TH				6:20-6:50PM			
Youth Swim										
Fish/Flying Fish/Shark/Porpoise **	24	58	204M		5:00-5:40PM					
Polli/Guppy/Minnow **	24	58	204MA		5:45-6:25PM					
Polli/Guppy/Minnow	28	68	204TH				5:00-5:40PM			
Fish/Flying Fish/Shark/Porpoise	28	68	204THA				5:45-6:25PM			
Fish/Flying Fish/Shark/Porpoise	28	68	204SA							9:35-10:15AM
Polli/Guppy/Minnow	28	68	204S							10:20-11:00AM
Adult/Teen										
Adult/Teen **	24	58	210M		7:05-7:50PM					
Adult/Teen	28	68	210S							11:45-12:30PM
People w/Disabilities										
People w/Disabilities	30	70	203TH					7:00-7:30PM		

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

FREE = Free for Metropolitan Members ****** = Prorated fee for Holiday

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.

8/11/2010

Grove City YMCA - 614-871-9622

Suzie Damron - Aquatic Director : sdamron@ymcacolumbus.org

Stephanie Suerdieck - Aquatics Coordinator : ssuerdieck@ymcacolumbus.org

Parent/Child Swim Lessons: Ages 6 mos-3 yrs: This program offers activities based on the developmental abilities of the child. Parent learns how to positively and creatively encourage water skills through instruction and play as their child becomes more comfortable in the water.

Pikes with Parents: Ages 2-3: This class is designed to bridge the gap between Parent/Child and Preschool swim lessons. For children who are more advanced than the Parent/Child Program, but not old enough for the Preschool program. This class will cover all the same skills as the Pike level with parental supervision in the water. The goal of the Pikes with Parents level is to prepare the swimmer to independently and comfortably participate in the Pike level.

Preschool Swim Lessons: Ages 3-5: Preschool swim lessons focus on basic swim skills and pool safety. Children move through progressive levels as they increase swimming distance, endurance and ability with each level

Mommy/Daddy and Me: Ages 3-5: Parent and preschooler focus on basic swim skills and pool safety together. This class is perfect for the child who has advanced past Parent/Child lessons but might not be ready for preschool lessons. Over the course of the session, the parent will have less involvement in the water with their child. The goal of this program is to prepare the child for independent swim lessons.

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 using a floatation device.

Guppy: Children continue to practice and build upon basic skills, without the use of a floatation device.

Minnow: Children refine the strokes learned in previous lessons as their skills become more like those used in regular swimming.

Fish: 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.

Shark: Students continue to improve their strokes, with starts and turns, and are introduced to a variety of strokes.

Porpoise: Students are exposed to a variety of aquatic experiences throughout the class.

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

People With Disabilities: 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.

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

FREE = Free for Metropolitan Members ** = Prorated fee for Holiday