

Y SWIM LESSONS TM

We build strong kids, strong families, strong communities.

Hilltop YMCA - 614-276-8224

Martha Cross: mcross@ymcacolumbus.org

Winter II Feb. 22-April 11, 2010

Registration begins: Metro/Facility Members -February 6

Program Members - February 13

Class	\$ FEES		Code	Mo	Tu	We	Thr	Fr	Sa
	M /F	P*							
Parent/Child									
Parent/Child	\$28	\$68	H201A		7:30-8:00P				
Parent/Child	\$28	\$68	H201B				9:45-10:15A		
Parent/Child	\$28	\$68	H201C						9:00-9:30A
Preschool									
Preschool	\$28	\$68	H202A	1:00-1:30P					
Preschool	\$28	\$68	H202C	4:30-5:00P					
Preschool	\$28	\$68	H202D	6:30-7:00P					
Preschool	\$28	\$68	H202H				9:15-9:45A		
Preschool	\$28	\$68	H202J				6:00-6:30P		
Preschool	\$28	\$68	H202K					11:00-11:30A	
Preschool	\$28	\$68	H202L						9:30-10:00A
Preschool	\$28	\$68	H202M						10:05-10:35A
Preschool	\$28	\$68	H202N						10:40-11:10A
Youth									
Polli/Guppy/Minnow	\$28	\$68	H232A	5:00-5:45P					
Guppy/Minnow	\$28	\$68	H232G	5:45-6:30P					
Guppy/Minnow	\$28	\$68	H232F				4:30-5:15P		
Polli/Guppy/Minnow	\$28	\$68	H232B				5:15-6:00P		
Polliwog/Guppy	\$28	\$68	H232D						9:30-10:15A
Polliwog/Guppy	\$28	\$68	H232E						10:20-11:05A
Polli/Guppy/Minnow	\$28	\$68	H232C						11:15A-12:00P

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

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.

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Class	\$ FEES		Code	Mo	Tu	We	Thr	Fr	Sa
	M /F	P*							
Youth									
Fish/Fly Fish/ Shark/Popoise	\$28	\$68	H232H	5:45-6:30P					
Fish/Fly Fish/ Shark/Popoise	\$28	\$68	H232J				4:30-5:15P		
Minn/Fish/Fly Fish/ Shark/Popoise	\$28	\$68	H232K						12:00-12:45P
Specialty Classes									
Private Lesson 30 min.	\$15	\$20							
Private Lesson 45 min.	\$20	\$30							
Adult/Teen									
Adult/Teen	\$28	\$68	H217A				10:15-11A		
Adult/Teen	\$28	\$68	H217B				7:45-8:30P		
Swim w/Disabilities									
3-12 years	\$28	\$68	H2OSA	6:30-7:00P					
3-12 years	\$28	\$68	H2OSB				6:30-7:00P		

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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

Pike: Children develop safe pool behavior and practice independent movement in the water. Recommended for beginning swimmers.

Eel: Reinforces Pike skills. Children are taught to kick, dive, float and perform the progressive paddle stroke.

Ray: Children review and improve, and expand stroke skills, stroke techniques and dive skills. Students work primarily without flotation.

Starfish: Children review previously learned skills and refine their strokes and their personal safety, rescue and floating skills.

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

Polliwog: Beginner level for school age children. Students become acquainted with the water and begin to learn front, back and side strokes using instructional 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 side stroke. Swimmers will cover all four strokes as well as higher endurance swimming skills.

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

Flying Fish: Students work on refining their swimming skill and increasing their endurance up to 100yards 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

Students are exposed to a wide range of aquatic experiences throughout the class.

Porpoise: These advanced swimmers learn new strokes and rescue skills, as well as develop leadership skills

POOL POLICIES

- * Please enter and exit through the locker rooms.
- * Children ages 5 and under must be accompanied by a parent/guardian (age 18 or older) in the water, within arms reach.
- * Children ages 6, 7 & 8 must have an adult actively supervising them in the pool area.
- * Children/Youth who need assistance or flotation device must have an adult in the water with them and are not permitted in the deep end.
- * Non-swimmers of any age are not permitted in the deep end.
- * Lifeguards reserve the right to test swimming competency of any participant at any time.
- * Street shoes are not permitted on the pool deck.
- * Any class without a minimum of 4 participants can be subject to cancellation.
- * Pool schedule is subject to change.
- * Please see additional rules in pool and hot tub areas prior to using the aquatic areas of the facility.

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2/9/2010