

Y SWIM LESSONS TM

We build strong kids, strong families, strong communities.

Liberty Twp/Powell YMCA - 052

Kevin Timmons: ktimmons@ymcacolumbus.org

Fall I 2010 Sep 7 - Oct 24

Registration begins: Metro Members - Jul 31

Program Members - Aug 7

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Parent/Child (6mo-3yr)										
Parent/Child	28	68	PCM		9:00-9:30 AM					
Parent/Child	28	68	PCTA			9:00 -9:30 AM				
Parent/Child	28	68	PCTB			6:40-7:10 PM				
Parent/Child	28	68	PCR					6:40-7:10 PM		
Parent/Child	28	68	PCSAA							9:00-9:30 AM
Parent/Child	28	68	PCSAB							9:40-10:10 AM
Preschool (3-5 yrs)										
Pike	28	68	PIKEMA		9:40-10:10 AM					
Pike	28	68	PIKEMB		1:15-1:45 PM					
Pike	28	68	PIKETA			10:20-10:50 AM				
Pike	28	68	PIKETB			5:30-6:00 PM				
Pike	28	68	PIKETC			6:10-6:40 PM				
Pike	28	68	PIKEWA				9:40-10:10 AM			
Pike	28	68	PIKEWB				1:15-1:45 PM			
Pike	28	68	PIKERA					9:40-10:10 AM		
Pike	28	68	PIKERB					10:20-10:50 AM		
Pike	28	68	PIKERC					1:15-1:45 PM		
Pike	28	68	PIKERD					5:30-6:00 PM		
Pike	28	68	PIKERE					5:30-6:00 PM		
Pike	28	68	PIKERF					6:10-6:40 PM		
Pike	28	68	PIKESA							9:00-9:30 AM
Pike	28	68	PIKESB							10:20-10:50 AM

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

FREE = Free for Metropolitan Members

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.

7/28/2010

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Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Preschool(3-5yrs)										
Eel	28	68	EELM		10:20-10:50 AM					
Eel	28	68	EELTA			9:40-10:10 AM				
Eel	28	68	EELTB			1:15-1:45 PM				
Eel	28	68	EELTC			5:15-5:45 PM				
Eel	28	68	EELTD			6:10-6:40 PM				
Eel	28	68	EELW				10:20-10:50 AM			
Eel	28	68	EELRA					11:00-11:30 AM		
Eel	28	68	EELRB					5:40-6:10 PM		
Eel	28	68	EELRC					6:10-6:40 PM		
Eel	28	68	EELSA							9:00-9:30 AM
Eel	28	68	EELSB							11:20-11:50 AM
Ray	28	68	RAYTA			11:00-11:30 AM				
Ray	28	68	RAYTB			6:10-6:40 PM				
Ray	28	68	RAYW				9:00-9:30 AM			
Ray	28	68	RAYRA					9:00-9:30 AM		
Ray	28	68	RAYRB					6:10-6:40 PM		
Ray	28	68	WAYS							9:40-10:10 AM

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Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Youth (6-11yrs)										
Polliwog	28	68	POLLTA			5:55-6:40 PM				
Polliwog	28	68	POLLTB			6:50-7:35 PM				
Polliwog	28	68	POLLRA					5:15-6:00 PM		
Polliwog	28	68	POLLRB					6:20-7:05 PM		
Polliwog	28	68	POLLSA							9:30-10:15 AM
Polliwog	28	68	POLLSB							10:20-11:05 AM
Guppy	28	68	GUPPTA			5:15-6:00 PM				
Guppy	28	68	GUPPTB			6:50-7:35 PM				
Guppy	28	68	GUPPRA					5:15-6:00 PM		
Guppy	28	68	GUPPRB					6:10-6:55 PM		
Guppy	28	68	GUPPRC					6:50-7:35 PM		
Guppy	28	68	GUPPSA							10:25-11:10 AM
Guppy	28	68	GUPPSB							10:35-11:20 AM
Minnow	28	68	MINNTA			5:15-6:00 PM				
Minnow	28	68	MINNTB			6:50-7:35 PM				
Minnow	28	68	MINNRA					6:50-7:35 PM		
Minnow	28	68	MINNRB					7:00-7:45 PM		
Minnow	28	68	MINNSA							9:40-10:25 AM
Pre Comp Swim Team	28	68	PRECT			6:50-7:35 PM				
Pre Comp Swim Team	28	68	PRECR					6:50-7:35 PM		
Pre Comp Swim Team	28	68	PRECSA							10:00-10:45 AM
Adult (18 up)										
Adult Beginner	28	68	ADULTB							10:55-11:40 AM
Adult Intermed	28	68	ADULTI							11:50-12:35 PM

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Parent/Child Lessons: Ages 6mo-3yrs. Parent and child perform activities based on the developmental abilities of the child. Parent helps child become comfortable in the water.

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 stroke skills, as well as expand on stroke techniques and dive skills.

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

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 flotation device.

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

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

Pre-competition class is for children age 6 and up who are interested in learning the fundamentals of competitive and fitness swimming. They will learn skills such as flip turns, interval swimming, how to read a pace clock, and how to use equipment such as pull buoys. The child should be able to swim 2 laps, (50 yards) of freestyle with correct side breathing. They should be able to swim 2 laps of backstroke and be familiar with breaststroke. Butterfly is taught in this class and emphasis is on improving all strokes as well as endurance and speed. The children will swim a workout which will be a minimum of 15 laps and up to 30 laps per class.

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