

# YOUTH SWIM LESSONS™

We build strong kids, strong families, strong communities.

North YMCA - 614-885-4252

Joel MacCaughey : [jmaccaughey@ymcacolumbus.org](mailto:jmaccaughey@ymcacolumbus.org)

Winter I 2010 January 4th - February 21<sup>st</sup>

Registration begins: Metro Members - December 5th

Program Members - December 12th

Class	\$ FEES		Session	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
<b>Parent/ Child</b>			<b>AGES 6m-3 yrs</b>							
Parent / Child	<b>28</b>	<b>68</b>	Winter I					5:45P-6:15P		
<b>Preschool</b>			<b>AGES 3 - 5 yrs</b>							
Pike	<b>24*</b>	<b>59*</b>	Winter I		6:20P-6:50P					
Pike	<b>28</b>	<b>68</b>	Winter I					5:00P-5:30P		
Pike	<b>28</b>	<b>68</b>	Winter I							9:00A-9:30A
Pike	<b>28</b>	<b>68</b>	Winter I	5:00P-5:30P						
Eel	<b>24*</b>	<b>59*</b>	Winter I		6:20P-6:50P					
Eel	<b>28</b>	<b>68</b>	Winter I					5:00P-5:30P		
Eel	<b>28</b>	<b>68</b>	Winter I							9:00A-9:30A
Eel	<b>28</b>	<b>68</b>	Winter I	5:00P-5:30P						
Ray	<b>24*</b>	<b>59*</b>	Winter I		6:20P-6:50P					
Ray	<b>28</b>	<b>68</b>	Winter I					5:00P-5:30P		
Ray	<b>28</b>	<b>68</b>	Winter I							9:00A-9:30A
Ray	<b>28</b>	<b>68</b>	Winter I	5:00P-5:30P						
Starfish	<b>24*</b>	<b>59*</b>	Winter I		6:20P-6:50P					
Starfish	<b>28</b>	<b>68</b>	Winter I					5:00P-5:30P		
Starfish	<b>28</b>	<b>68</b>	Winter I							9:00A-9:30A
Starfish	<b>28</b>	<b>68</b>	Winter I	5:00P-5:30P						

\*Monday Classes are prorated. No class Jan. 18th in honor of Dr. Martin Luther King Jr.

**M** = YMCA Metropolitan Member    **P\*** = YMCA Program Member (must have active Program Membership)  
**FREE** = Free for Metropolitan Members

Register online at [ymcacolumbus.org](http://ymcacolumbus.org)

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

12/30/2009

**POOL HOURS**

**Mon-Fri 5:30 am-10:00 pm**

**Sat 7:00 am-8:30 pm**

**Sun 10:00 am-8:30 pm**

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**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.

**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 as well as their personal safety, rescue and floating skills.

## **POOL POLICIES**

- \* Please enter and exit through the locker rooms only.
- \* 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.
- \* Thunderstorms: The pool will be closed during all thunderstorms, and will reopen 30 minutes after the last trace of thunder/ lightning.