

YOUTH SWIM LESSONS™

We build strong kids, strong families, strong communities.

North YMCA - 614-885-4252

Joel MacCaughey : jmaccaughey@ymcacolumbus.org

Winter I 2010 January 4th - February 21st

Registration begins: Metro Members - December 5th

Program Members - December 12th

Class	\$ FEES		Session	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Polliwog	24*	59*	Winter I		6:55P-7:40P					
Polliwog	28	68	Winter I					5:35P-6:20P		
Polliwog	28	68	Winter I							9:35A - 10:20A
Polliwog	28	68	Winter I	5:35P-6:20P						
Guppy	24*	59*	Winter I		6:55P-7:40P					
Guppy	28	68	Winter I					5:35P-6:20P		
Guppy	28	68	Winter I							9:35A - 10:20A
Guppy	28	68	Winter I	5:35P-6:20P						
Minnow	24*	59*	Winter I		6:55P-7:40P					
Minnow	28	68	Winter I					5:35P-6:20P		
Minnow	28	68	Winter I							9:35A - 10:20A
Minnow	28	68	Winter I	5:35P-6:20P						
Fish	24*	59*	Winter I		6:55P-7:40P					
Fish	28	68	Winter I					5:35P-6:20P		
Fish	28	68	Winter I							9:35A - 10:20A
Fish	28	68	Winter I	5:35P-6:20P						
Flying Fish	24*	59*	Winter I		6:55P-7:40P					
Flying Fish	28	68	Winter I					5:35P-6:20P		
Flying Fish	28	68	Winter I	5:35P-6:20P						
Adult & Teen			AGES 13 - Adult							
Adult & Teen	28	68	Winter I					6:25P-7:10P		
Adult & Teen	28	68	FALwL II							10:25A - 11:05A
Special Needs										
Special Needs	29*	63*	Winter I		5:30P-6:15P					

*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

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

12/30/2009

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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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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.

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.