

Y SWIM LESSONS TM

We build strong kids, strong families, strong communities.

Pickaway County YMCA - (740) 477-1661

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Fall I - September 6 - October 24, 2010

Registration begins: Metro/Facility Members - July 31

Program Members - August 7

Class	\$ FEES			Code	Mo	Tu	We	Thr	Fr	Sa
	M	F	P*							
Parent/Child	15	15	48	P226		6:30-7:00 PM				
Parent/Child	15	15	48	P226A						11:00-11:30 AM
Preschool	25	25	60	P202				11:00-11:45 AM		
Preschool	25	25	60	P202A		6:30-7:15 PM				
Preschool	25	25	60	P202C						9:30-10:15 AM
Guppy	25	25	60	P203				6:30-7:15 PM		
Guppy	25	25	60	P203A						10:15-11:00 AM
Polliwog	25	25	60	P205				6:30-7:15 PM		
Polliwog	25	25	60	P205A						10:15-11:00 AM
Minnow/Fish	25	25	60	P206				6:30-7:15 PM		
Minnow/Fish	25	25	60	P206A						10:15-11:00 AM
Flying Fish	25	25	60	P207A						10:15-11:00 AM
Adult/Teen	25	25	60	P217						9:30-10:15 AM

Ask about Private Swim Lessons: \$20 for a 30 minute session. Times vary throughout the week, must be either a Metro or Facility Member.

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

8/16/2010

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.

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.

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 floatation 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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