



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Swim Lesson Schedule

Spears Family YMCA

WEEKDAY SESSIONS - 3 weeks

FEBRUARY

REGISTRATION DATES: Members: January 25 - February 1
Non-Members: January 26 - February 1
CLASS DATES: Monday/Wednesday: February 6, 8, 13, 15, 20, 22
Tuesday/Thursday: February 7, 9, 14, 16, 21, 23

MARCH

REGISTRATION DATES: Members: February 22 – February 29
Non-Members: February 23 – February 29
CLASS DATES: Monday/Wednesday: March 5, 7, 12, 14, 19, 21
Tuesday/Thursday: March 6, 8, 13, 15, 20, 22

APRIL

REGISTRATION DATES: Members: March 21 - March 28
Non-Members: March 22 - March 28
CLASS DATES: Monday/Wednesday: April 2, 4, 9, 11, 16, 18
Tuesday/Thursday: April 3, 5, 10, 12, 17, 19

SATURDAY SESSIONS

MARCH

REGISTRATION DATES: Members: February 10 - February 19
Non-Members: February 11 - February 19
CLASS DATES: February 25, March 3, 10, 17, 24, 31

APRIL

REGISTRATION DATES: Members: March 30 – April 8
Non-Members: March 31 – April 8
CLASS DATES: April 14, 21, 28, May 5, 12, 19

PROGRAM FEES:

Members: \$35
Non-Members: \$60

CONTACT INFO

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Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.
The goal of the Y of Greensboro is to turn no one away due to an inability to pay.

<u>Monday/Wednesday Classes</u>	
<u>4:30</u> Pike Eel Polliwog Guppy	<u>5:15</u> Polliwog Minnow Fish Flying Fish
<u>6:00</u> Pike Eel Ray Adult Intermediate	

<u>Tuesday/Thursday Classes</u>	
<u>4:30</u> Pike Eel Polliwog Guppy	<u>5:15</u> Pike Polliwog Minnow Fish
<u>6:00</u> Eel Ray Starfish Adult Beginner	

<u>Saturday Classes</u>	
<u>8:30</u> SKIPS I Pike Eel Ray Starfish	<u>9:00</u> SKIPS II Pike Polliwog Guppy Adult Intermediate
<u>10:00</u> Pike Eel Guppy Minnow	<u>11:00</u> Polliwog Fish Flying Fish Adult Beginner

Parent/Child (Ages 6 months-3 yrs)

Max per class-12 children & parents

30 Minute Classes

SKIPS I (Parent/Child): A parent/child class designed for children ages 6-36 months. Child will learn basic skills such as blowing bubbles, arm movement and kicking. The primary objective is to get the child comfortable in the water, teach the parent techniques for continued water development and general pool safety.

Prerequisite: Child must be 6 months and have head control. Parent or adult (at least 18 years old) must be in the water with the child.

SKIPS II (Parent/Child): This parent/child class is designed for children who have already taken SKIPS I, are at least 9 months old, and children who are more advanced and comfortable in the water. Building on the skills from the previous class, parents and children will begin to develop ways to create a more independent experience in the water based on the child's current development stage. Parents and children will be introduced to more purposeful movements to help with the transition to the aquatics preschool level.

Prerequisite: Child must have taken SKIPS I, be 9 months and have head control. Parent or adult (at least 18 years old) must be in the water with the child.

Preschool Classes (Ages 3-5 yrs)

Max per class-5 children

30 Minute Classes

Pike: Beginning swim class for children ages 3-5. Children learn to be comfortable in the water. Children will learn kicking, floating, arm movement and pool safety.

Prerequisite: Child must be 3 years old by the first day of class, and leave parent willingly.

Eel: Children will learn to swim 25 yards with a float belt and swim 5 yards unassisted.

Prerequisite: Child must be able to swim 3 yards unassisted, and float.

Ray: Children will begin to learn the fundamentals of the crawl stroke, how to tread in deep water, and basic back float. Children will learn to swim 25 yards crawl stroke and backstroke with a float belt and 15 yards unassisted. Children will be introduced to breaststroke.

Prerequisite: Child must be able to swim 5 yards unassisted on front and back.

Starfish: Children will learn basic crawl stroke with rotary breathing (taking a breathe while swimming) and be able to swim 50 yards crawl stroke and backstroke with a float belt and 25 yards unassisted. Children will be able to swim 25 yards breaststroke with a float belt and 15 yards unassisted.

Prerequisite: Child must be able to swim unassisted 15 yards on front and back. Child should be comfortable in water.

Youth/Grade School Classes (6-12 years)

Max per class-6 children

45 Minute Classes

Polliwog: Teaches beginning swimming on front and back. Children will also learn back float.

Prerequisite: Child must be 6 years old.

Guppy: Teaches crawl stroke with rotary breathing (taking a breath while swimming), treading water, backstroke, and jumping into deep water.

Prerequisite: Child must be able to paddle on front and back for 10 yards and float without a flotation device.

Minnow: Teaches children to swim 50 yards (2 lengths) crawl stroke (with rotary breathing), backstroke and breaststroke and 25 yards butterfly.

Prerequisite: Child must be able to swim 25 yards (1 length) on front and back and be comfortable in deep water.

Fish: Teaches children to swim 75 yards (3 lengths) crawl stroke (with rotary breathing), backstroke and breaststroke and 50 yards butterfly.

Children will be introduced to open turns.

Prerequisite: Child must be able to swim 50 yards (2 length) of the following strokes; crawl stroke (with rotary breathing), backstroke, breaststroke, 25 yards butterfly and be able to tread water.

Flying Fish: Teaches children the fundamentals of being on a swim team and builds endurance to swim 100 yards (4 lengths) of the following strokes; crawl stroke, backstroke, breaststroke and 75 yards butterfly with flip turns.

Prerequisite: Child must be able to swim 75 yards (3 lengths) of the following strokes; crawl stroke, backstroke, breaststroke, and 50 yards butterfly.

Adult Class (13+ years)

Max per class-6 adults

45 Minute Classes

Adult Beginner: The beginner class is for non-swimmers who want to learn how to swim.

Adult Intermediate: Swimmers will learn the fundamentals of crawl stroke with rotary breathing (taking a breath while swimming). Swimmers will learn back float, treading, and will work on comfort level in all depths of the pool.

Prerequisite: Swimmer must have completed Adult Beginner class or be able to swim 10 yards on front and back, unassisted.