



YMCA SWIM LESSONS 6 WEEK SESSIONS

Two six week sessions – one or two days per week

1 x per week \$35 (M) or \$56 (P) (6 Classes)

2 x per week \$63 (M) or \$103(P) (12 Classes)

Session 1 Sept 14 through Oct 24 Register Aug 28 (M) or Sep 2 (P)

Session 2 Nov 2 through Dec 19 Register Oct 23 (M) or Oct 28 (P)

NO CLASSES WEEK OF NOVEMBER 23—28

Members with a family membership may enroll one family member per session FREE!

An additional day per week only \$32. Additional family members pay the member rate!

Check us out on the web! YMCA Website—www.kokomoyymca.org

Class Descriptions

Ages 6 Months—5 Years

SKIP 6 Months-3 yrs.

This class is for infants and toddlers including some 3 year olds. We promote water enrichment and aquatic readiness activities for children and their parents. This is not a learn to swim program.

PIKE (Level 1) Mature 3's through 5.

This is a beginner level course intended for children new to group lessons. Students will learn water safety, basic swimming terms and skills in the SMALL pool.

EEL (Level 1) Mature 3's through 5.

This class is for beginners that have shown confidence and competency in the small pool and are ready to learn skills in the LARGE pool. Floatation devices may be used to facilitate learning strokes.

RAY/STARFISH (Level 2/3)

Mature 3's through 5 and with instructor approval. This class is for the students who have learned to swim using rhythmic breathing for a short distance. We will begin to learn diving in the deep end of the pool and increase endurance.



CLASS	MON	TUE	WED	THU	SAT
Skip (6mos-3yr)			4:30-5:00 PM	9:00-9:30 AM	9:00-9:30 AM
Pike (3-5) Level 1 Small Pool	4:30-5:00 PM			9:30-10:00 AM	9:30-10:00 AM
Eel (3-5) Level 1 Large Pool	5:00-5:30 PM	1:00-1:30 PM	5:00-5:30 PM	10:00-10:30 AM	10:00-10:30 AM
Ray/Starfish (4-5) Level 2/3	5:30-6:00 PM	1:30-2:00 PM	5:30-6:00 PM	10:30-11:00 AM	10:30-11:00 AM
HOME SCHOOL		2:00-3:00 PM		2:00-3:00 PM	
Pollywog 1 (6-13 yr) Level 1	4:30-5:15 PM		4:30-5:15 PM		9:00-9:45 AM
Pollywog 2 (6-13 yr) Level 2	4:30-5:15 PM		4:30-5:15 PM		9:00-9:45 AM
Guppy (6-13 yr) Level 3	5:15-6:00 PM		5:15-6:00 PM		9:45-10:30 AM
Minnow/Fish Level 4	5:15-6:00 PM		5:15-6:00 PM		9:45-10:30 AM
Flying Fish/ Shark Levels 5/6		4:00-4:45 PM			10:30-11:15 AM
Customized Adult Swim Lessons Beginner Level	7:15-8:00 PM		9:30-10:15 AM		
Adult Stroke Clinic Level 5		4:45-5:30 PM			

Ages 6+

POLLIWOG (Levels 1 & 2) Ages 6-13. These levels teach beginner students to float unsupported, and to be confident jumping in unassisted as well as comfortable putting the face in the water to learn rhythmic breathing.

GUPPY (Level 3) Ages 6-13. At this level Students are ready to learn the front crawl, elementary backstroke and dolphin kick. Rotary breathing and diving into the deep end of the pool are introduced.

MINNOW/FISH (Level 4) Ages 6-13. Students will learn the back crawl, breaststroke, sidestroke, and butterfly. Students will improve on front crawl form and endurance as well as turns at the wall.

FLYING FISH/SHARK (Level 5/6). Ages 6-13. Students learn to perfect all strokes and work on endurance and fitness swimming. Flip turns, personal safety, and rescue skills are practiced.

CUSTOMIZED ADULT BEGINNER SWIM LESSONS AGES 14 +

Our program is for beginner students. We work with each individual and customize his/her lessons to meet their need. Each person comes to class with different experiences and swimming backgrounds. We will set goals and work to achieve swimming skills.

ADULT STROKE CLINIC

This clinic is for those who have skills at Level 5. The objectives of this clinic is to improve coordination and refinement of all six swim strokes and increase distances. Flip turns are also introduced.