

Swim Lesson Guidelines

- During open swim periods, children 8 years of age and under must be accompanied by an adult (16 years or older) and must have an adult in the water.
- Street shoes should be removed before entering the pool area.
- For safety reasons, strollers should be left in the designated area. They will not be allowed on the deck.
- All children over the age of 6 years must use the appropriate dressing rooms.
- If you are a mom with young boys or a dad with young girls, you may use one of the family dressing rooms located next to the multipurpose room.

Participants are taught the basic skills that build on one another as the levels increase. They also learn about pool safety, boating safety and use of personal flotation devices.

*Aquatic Classes (5 week sessions - See front desk for registration information)
Spring Splash Class - Free (Only 6 people per class allowed).*

Fees:

Members	\$30
Program Participants	\$64

Classes are offered on Monday and Wednesdays.

A minimum of 3 participants but no more than 6 participants will be needed for class to take place.

Class Dates

Summer I: June 9 - July 19
Registration: May 26 - June 6

Summer II: July 28 - August 27
Registration: July 7 - July 18

Free Spring Splash Swim Lessons

April 21 - May 21

Registration: April 1 - April 18

Call 961-3510 for more information on free splash swim lessons.

**All registration forms turned in after registration deadline will be charge a \$5 late fee.*

Preschool (3-6 Years)

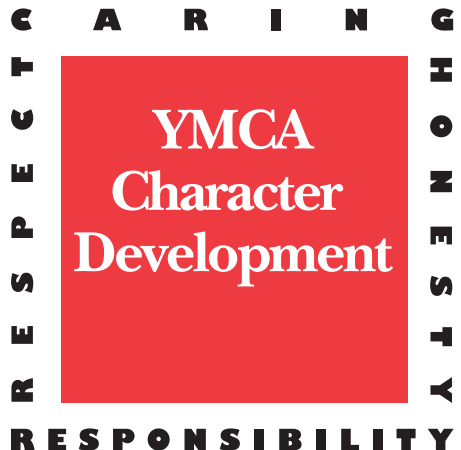
PIKE - For beginner preschool swimmer. To progress must demo front/back float w/ Individual Flotation Device, paddle stroke front/back 5 ft. w/o Individual Flotation device.)
Class Times: M/W 6:00-6:30pm

Advanced Preschool

EELS - Must complete Pike. To progress must demo front & back float, and paddle stroke front/back/side 15 ft. w/o Individual Flotation Device.)
Class Times: M/W 6:30-7:00pm

School Aged (6 & Up)

RAYS - For ages 6 & up and must complete Eels. To progress must demo front symmetrical paddle with rhythmic breathing 10 feet without individual flotation device.
Class Times: M/W 7:00-7:30pm



Aquatic Policies & Guidelines

- The YMCA reserves the right to add, cancel or change class schedules in order to meet the needs of our members. Please let us know if there is an interest in having classes at additional times.
- A child must be the appropriate age by the first day of class to register: 6 months - parent/child, 3 years - preschool and 6 years - youth.
- All children must be toilet trained to enter any lesson other than the parent/child classes. If you are enrolled in the parent/child classes, your child must wear a swim diaper.
 - Refunds are only available for medical reasons (documentation required) or if the YMCA cancels a class you are enrolled in.
- Have your child use the restroom before lessons and clip long hair.
 - Be on time for lessons.
- Please arrive a few minutes early on the first day of class.
 - No food, drink or gum during class.
 - A YMCA staff member will assist you in the indoor pool with your class assignment.
 - Children may be moved to another class if necessary after the first class.

If you believe your child is not in the appropriate level on the second day of class, please talk with the Program Director.

To assist us in providing a high level of customer service, please contact the Program Director as soon as possible if you have any questions or concerns about the lesson.

Water Fitness Classes

Fees:

Members

FREE

Program Participants \$35/7 Weeks

Aqua Boot Camp

Ready for a high energy, high-octane workout, combining cardiovascular training, strength training, stretching and flexibility? Then try our Aqua Boot Camp, a workout that works! This unique program incorporates shallow water cycling and deep water exercise, invigorating the mind, body and soul.

Class Times: T/TH 5:30-6:30pm

Instructor: Calista Stone

Deep Water Workout

Non-swimmers and swimmers can enjoy and will benefit from deep-water exercise. A water belt will support you in deep water with your head comfortably above the surface at all times. It will improve cardiovascular conditioning, muscular strength and endurance.

Class Times: Sat 8:30-9:30am

Instructor: Donna Jennings

Senior Fitness

We invite all seniors to come and enjoy the benefits and comfort of exercising in warm water, while easing stiff and aching joints.

Class Times: Tue. 12:30-1:30pm

Thurs. 12:00-1:00pm

Instructor: Mary Allison-Johnson

