



## 2010 AUGUST SWIM LESSONS

**\*\*Cancellation Policy:** A refund will be given for swim lessons cancelled at least 2 DAYS PRIOR TO the first day of the session. Once session begins, no refund will be given.\*\*

### Monday through Thursday

*This is a 2 week session.*

<u>CLASSES</u>	
Preschool	10:00-10:30 am
Preschool	10:35-11:05 am
Preschool	11:10-11:40 am
School Age	10:00-10:30 am
School Age	10:35-11:05 am
School Age	11:10-11:40 am

<u>SESSION DATES</u>
<b>August 9-August 19</b> (Registration ends August 7)

Last day of all classes will feature a *Graduation Ceremony!*

## MONDAY & WEDNESDAY

<u>CLASSES</u>	
<b><u>MORNING</u></b>	<b><u>EVENING</u></b>
Parent Child 10:00-10:30am	Parent Child 5:20-5:50pm
	Preschool 4:45-5:15pm
	Preschool 5:20-5:50pm
	Preschool 5:55-6:25pm
	School Age 4:45-5:15pm
	School Age 5:20-5:50pm
	School Age 5:55-6:25pm
	Adult 6:30-7:00pm

<u>SESSION DATES</u>
<b>August 2—August 25</b> (Registration ends July 31)

## TUESDAY & THURSDAY

<u>CLASSES</u>	
<b><u>MORNING</u></b>	<b><u>EVENING</u></b>
Parent Child 10:00-10:30am	Parent Child 5:20-5:50pm
	Preschool 4:45-5:15pm
	Preschool 5:20-5:50pm
	Preschool 5:55-6:25pm
	School Age 4:45-5:15pm
	School Age 5:20-5:50pm
	School Age 5:55-6:25pm
	Adult 6:30-7:00pm

<u>SESSION DATES</u>
<b>August 3—August 26</b> (Registration ends July 31)

Registration for non-members will be allowed 30 days prior to the start of class.

<b>SESSION FEES:</b> \$35 YMCA Members	\$65 Non-Members
--	------------------

Visit us at [www.ymcashr.org](http://www.ymcashr.org) for a complete listing of all swim classes offered in 2009.  
Contact member services for more information at 334-9622.

## YMCA Progressive Levels

### PRESCHOOL

#### *Pike / Eel*

For beginners to advanced beginners ages 3 to 5, who are moving toward independence in the water.

#### *Ray/Starfish*

For advanced swimmers ages 3 to 5, who have completed Eels.

### SCHOOL AGE

#### *Polliwogs*

For non-swimmers or those unable to swim 20 feet. Students are introduced to pool rules, front/back float, front/back/side paddle and finning/sculling.

#### *Guppies*

For those who have completed Polliwogs or those able to swim 20 feet. Students learn safety swim, treading skills, bobbing, strokes and wetball.

#### *Minnow*

For those who have completed Guppies or are advanced beginners able to swim 50 feet with rotary breathing, survival float for one minute, and jump in deep water and recover.

#### *Fish*

For children who are good swimmers; skin diving, basic stroke refining, wetball, standing dive, swimming with mask and fins are emphasized.

### YMCA Pool Rules

- Swim only when a lifeguard is on duty.
- Enter and exit slowly.
- Feet first entry only (NO DIVING)
- Flips, spins or back dives are not permitted
- Please shower before entering pool or hot tub
- Children wearing Coast Guard approved flotation devices or any flotation aid (float belts) and non-swimmers must be within a couple seconds of parent/guardian reaction time. Children wearing flotation devices will be asked to stay where they can stand and will not be allowed in the deep end unless accompanied by a parent/guardian. (Water wings, inflatable tubes, etc. are not permitted).
- A parent/guardian must be supervising his/her child (9 years and younger) at all times. Non-swimmers are to be within a couple seconds of parent/guardian reaction time.
- Children 10-12 years may use pool ONLY IF a responsible adult is in the building AND the child has passed the YMCA swim test.
  - **Swim Test:** jump into deep end, recover, swim 25 meters on front, tread water 30 seconds, and float 30 seconds. All must be completed to have passed the swim test.
- Swimmers must wear appropriate swim wear (i.e. swim suits) Swimmers may wear shorts and/or shirts over swim-suit. However, no cut-offs, jeans or sports bras allowed.
- Persons with open wounds, sores, cuts or blisters are not permitted in the pool.
- Children not potty trained must wear a swim diaper or plastic swim pants (disposable diapers are not permitted).
- Hanging on lane lines or safety ropes is not permitted.
- Please use appropriate changing facilities (on deck changing of any age is prohibited).
- Running, horse play, pushing, carrying people on shoulders or dunking is prohibited in the pool area.
- WHEN THE WHISTLE BLOWS, LOOK TO A LIFEGUARD IMMEDIATELY!

***Child may be asked to put on a personal flotation device (PFD) at the lifeguard's discretion!***

**Thunder/Lightning Policy:** In case of thunder and/or lightning the pool will close for 20 minutes. If thunder and/or lightning is heard within those 20 minutes the 20 minutes starts over until there is no sign of thunder or lightning.

For swim lesson class purposes, if it looks as though children will be able to get 20 minutes of water time in, then the class will continue and no make-up day will be scheduled. However if it is not possible for at least 20 minutes of water time, a make-up class day will be scheduled at the instructors availability.

***Child may be asked to put on a personal flotation device (PFD) at the lifeguard's discretion!***