



# **NORTHWEST YMCA FALL SWIM LESSONS**



Dear Parents,

Thank you for choosing the Northwest Family YMCA for your child's swim lessons. We are very excited to have the opportunity to help your child grow and learn in the aquatic environment.

The purpose of the Y Swim Lessons Program is to develop competency in swimming along with confidence and endurance. The goals of the program are to teach Personal Safety, Personal Growth, Stroke Development, Water Sports and Games and Rescue in a value based environment. The YMCA strives to teach 5 core values of Respect, Responsibility, Honesty, Caring and Faith in all programs.

Your child will be advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level. We expect each child to learn and progress at his or her own rate. Therefore, don't be discouraged if your child doesn't complete all the skills within his or her level during any one session.

Our staff hopes that your child will enjoy participating in swim lessons and will want to continue participating in the future.

If you have any questions, please don't hesitate to call us at 803.407.8007.

Sincerely,

*Kristin*

Kristin Shelton  
Aquatics Director

## **ABOUT OUR SWIM LESSONS**

All instructors are certified swim instructors through the YMCA of the USA. Swim lessons will be held at the Northwest Family YMCA. Class length is 30 minutes for Parent/Child Classes and 30 minutes for Preschool, Youth and Adult classes. Classes meet 4 times a week, Monday through Thursday, for a 2 week session. Saturdays run for 6 weeks for 40 minutes. Make-ups due to weather or YMCA cancellations will be held on Fridays for weekdays.

Class ratios are as follows:

<b><u>Parent/Child</u></b> (6mo.-36mo.)	1:10
<b><u>Preschool</u></b> Pike, Eel, Ray (Ages 3-5)	1:5
<b><u>Youth</u></b> Polliwog and Guppy (Ages 6-12)	1:6
Minnow, Fish, Flying Fish (Ages 6-12)	1:6
<b><u>Adult</u></b> (Ages 13-up)	1:10

## **CLOTHING**

All participants must wear swim suits for class. Children in the Parent/Child classes must be clothed in garments that will ensure a minimum loss of body wastes. Plastic pants or other "bottoms" such as swim diapers that are light weight and have tight fitting legs are best. Rubber pants and heavy diapers, disposable diapers, and thick training pants tend to hold water and become weighted and soggy. Parents should monitor their child and remove the child from the water should clothing become soiled.

## **PARENT OBSERVATION**

Parents can help our swim classes become even safer by observing the class during the lesson. However, we find children have better concentration if Mom or Dad is away from the edge of the pool. Therefore, please be a slight distance back from your child's class. The last day of class is show-off day. On this day we encourage parents to take pictures and watch their child's performance.

## **PROGRESS REPORTS AND PROGRAM EVALUATIONS**

At the end of your child's session, the swim instructor will hand out progress reports to all participants in the class. The progress report will show you exactly what your child has done in the class as well as what skills your child has mastered or needs to improve upon. You will also be informed of which class to sign your child up for next. Do not be discouraged if your child is not moved to the next level. It may take several times at one level before your child is ready to move up to the next level.

Also at the end of each session, we will hand out Program Evaluation forms for you to evaluate our Swim Lesson Program. We encourage you to fill one out and turn it in at the designated place. These evaluations let us know what we are doing right and what we need to improve upon.

## **VOLUNTEER OPPORTUNITIES**

We are always looking for volunteers to help us with our Aquatic programs. If you are interested in volunteering to help us, please visit the Welcome Center for details.

## **PARTNERS**

The YMCA prides itself of not turning anyone away from participating in any of our programs due to financial needs. If you or someone you know is wanting to participate in Swim Lessons and doesn't have the financial ability to enroll in lessons, please take some time to fill out our Open Doors paperwork. We will review your form and try to give you a "scholarship" to help you pay for your class. For more information on this program, please contact the YMCA or stop by the welcome center.

## **MAKE UP POLICY**

**We guarantee 6 out of 8 lessons for weekday classes and 5 out of 6 classes for Saturday classes. In case of inclement weather, classes will be made up on Friday at the regularly scheduled lesson time. Class may be cancelled due to thunder, lightening, or heavy rain. Determination of class cancellation will be made by YMCA Program Director 15 minutes prior to class. If a class is taught for at least 20 minutes, it will not be scheduled for a make up. Make up classes are only for classes cancelled by YMCA staff.**

## SESSION DATES AND TIMES

### FALL SESSIONS:

#### Weekday Sessions:

- #1 August 29-Sept 9\*
- #2 Sept 12-22
- #3 Sept 26-Oct 6
- #4 Oct 10-20
- #5 Oct 24-Nov 3
- #6 Nov 7-17
- #7 Nov 21-Dec 1

#### Saturday Sessions:

- #1 Sept 10-Oct 15
- #2 Oct 22-Dec 3\*\*

**Registrations open 2 weeks prior to the session.  
Must have a minimum of 3 participants to hold a class.**

**\*No lesson on Labor Day**

**\*\*No lessons on November 26**

### CLASS TIMES:

Aug-Dec 2011

3-5 12:30 - 1 p.m., 1:15 - 1:45 p.m., 6 - 6:30 p.m.  
Saturdays: 9:50-10:20 a.m.

6-12 6:45-7:15pm  
Saturdays: 10:40-11:20 a.m.

Water Babies: 11:45 a.m. -12:15 p.m.  
Saturdays: 9-9:30 a.m.

Adults: Saturdays: 12 - 12:45 p.m.

### CLASS FEES:

Facility Member \$20 per session

Program Member \$80 per session

### PRIVATE LESSONS:

(4, 30 minute lessons with one on one instruction)

Facility Member \$80 per package

Program Member \$140 per package



# CLASS LEVELS AND DESCRIPTIONS

## PARENT/CHILD CLASSES (6 months-36 months)

This 30 minute class is for children 6 months to 36 months and their parents. The primary objective is to get both the parent and the child comfortable in the water. The child will become aware of the differences between moving on the water and on dry land while the parent will become aware of how to teach his/her child to be safer in and around the water. Children will have fun and learn games that use basic moves in the water. Activities are based on the development of the child.

## PRESCHOOL CLASSES (3 to 5 years)

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### PIKE

Beginner Level

Teaches basic paddle stroke and kicking skills, pool safety and comfort in holding their faces in the water while blowing bubbles.



### EEL

Beginner Advanced level

This level is for children who are comfortable in water. Teaches flutter kick, dive, float and progressive paddle stroke.



### RAY / STARFISH

Advanced Level

At this level children review previous skills, improve stroke skills, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills.



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## YOUTH CLASSES (6 years and up)

# YOUTH BEGINNER ADVANCED



polliwogs

### POLLIWOG

Beginner Level

Gets children acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know front paddle stroke, side and back paddle and some synchronized swimming movements.



guppies

### GUPPY

Beginner Advanced

Children are introduced to lead up strokes to the front and back crawl, side stroke, breast-stroke, and elementary backstroke. More synchronized swimming and some diving skills taught.



minnows

### MINNOW

Intermediate

Children can swim across the pool without assistance. Stroke development continues as their skills improve.



fish

### FISH/FLYING FISH

Advanced

Students work to perform the crawl stroke, elementary backstroke, back crawl and side-stroke with turns. They are introduced to the butterfly stroke. They continue to learn synchronized swimming, wet-ball skills and diving skills.



flying fish

## ADULT CLASSES (13 years and up)

This class is for adults who do not feel at ease in the water or who have never participated in swim lessons. Non-swimmers are taught basic swimming skills and water safety.

# NorthWest Family YMCA Swim Lesson Policies

- Weekday classes are 30 minutes long and run Monday-Thursday. We guarantee **6** out of **8** lessons
- Saturday classes are 40 minutes long and run for 6 Saturdays. We guarantee **5** out of **6** classes.
- Cancellations and rescheduling of classes are not determined until 15 minutes before class.
- If class is taught for at least 20 minutes, it will not be made up.
- All make ups will be held on Fridays during the regular class time.
- If more than one class needs to be made up, the instructor will inform you of the proper make up procedure.
- We do not conduct make up classes on an individual basis.
- Parents **MUST** stay on the pool deck during lessons unless their presence is taking focus away from the lesson.

