

## DOWNTOWN YMCA SWIM LESSON POLICIES



- Weekday classes are 30 minutes long and run Tuesday and 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 out of the pool area during lessons. Parents can watch through the double doors.
- Refunds will not be given after the session has begun. Credits will be issued at the discretion of the director.
- Children are not allowed in the water until class starts.

## DOWNTOWN YMCA SPRING 2012 SWIM LESSONS



Dear Parents,

Thank you for choosing the Downtown 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 -799-7159 Ext 13.

Sincerely,  
Jason Vokral  
Jason Vokral  
Sr. Program Director

**YOUTH CLASSES** (6 years and up)

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**POLLIWOG**

Beginner Level

**No Prior swim experience**  
**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 crawl, paddle stroke, side and back paddle and some synchronized swimming movements.**



**GUPPY**

Beginner Advanced

**Must be able to: Go underwater, paddle on their front and back with float belt for 25 yards. Paddle on front and back UNASSISTED with no float belt for 10 yards, float on back for 30 seconds.**

Will learn: side stroke, breaststroke, and elementary backstroke, some diving skills taught.



**MINNOW**

Intermediate

**Must be able to: Paddle on front and back UNASSISTED for 10 feet, paddle using alternating overhead arm action and rotary breathing, jump into deep end and swim to wall, front and back float for 20 sec, tread water for 30 sec.**

Will learn: Further Stroke development, diving, treading water for 1 min.



**FISH/FLYING FISH**

Advanced

**Must be able to: Freestyle with turns for 50 yards, backstroke and breaststroke for 50 yards, butterfly for 25 yards, tread water for 2 minutes.**

Will work on: performance of the freestyle, elementary backstroke, back crawl and sidestroke with turns, and diving skills.



**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.

# Class Levels and Descriptions

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## PIKE

Beginner Level

**No Prior swim experience**

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

## PRESCHOOL CLASSES

(3 to 5 years)



## EEL

Beginner Advanced level

**Must be able to: Go Underwater, Paddle on their front with float belt for 10 yards, kick/float on their backs with assistance for 10 yards.**

Will learn: flutter kick,, float and progressive paddle stroke.

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## RAY / STARFISH

Advanced Level

**Must be able to: Paddle on front with face in the water UNASSISTED for 10 feet, paddle on back UNASSISTED for 10 feet, paddle on front using alternate arms action, jump into deep end and swim to wall, front and back float for 20 seconds.**

Will learn: improvement of stroke skills, build endurance, swimming on their front and back with rotary breathing, learn to tread water and perform more progressive diving skills.

## ABOUT OUR SWIM LESSONS

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

Class ratios are as follows:

<b>Preschool</b> Pike, Eel, Ray (Ages 3-5)	1:5
<b>Youth</b> Polliwog and Guppy (Ages 6-12)	1:6
Minnow, Fish, Flying Fish (Ages 6-12)	1:6
<b>Adult</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 OBERSERVATION

We ask that Parents watch the lesson through the double doors so the child is not distracted and can give there attention to the swim instructor. 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 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, lightning, or heavy rain. Determination of class cancellation will be made by the 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

### SPRING SESSIONS

#### Weekday Sessions:

#1 Jan 10-Feb 2  
#2 Feb 14-Mar 8  
#3 Mar 20-Apr 12  
#4 Apr 24-May 17  
#5 May 29-June 21

#### Saturday Sessions:

#1 Jan 14-Feb 18  
#2 Mar 3-Apr 7  
#3 Apr 21-May 26

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

### CLASS TIMES

Jan-May 2012

3-5 yr

Tues and Thurs: 6:30-7:00pm  
Saturdays: 11:00-11:45am

6-12

Tues and Thurs: 7:00-7:30pm  
Saturdays: 12:00-12:45pm

Adults:

Tues and Thurs: 7:45-8:30pm

### PRE-SCHOOL AND YOUTH CLASS FEES

Member \$20 per session  
Non- Member \$80 per session

### ADULT CLASS FEES

Member \$40 per session  
Non- Member \$100 per session

### Private Lessons

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

Member \$80 per package  
Non- Member \$140 per package

