

Summer Swim Lessons

**LEXINGTON FAMILY YMCA
AQUATICS**



Make a Splash! The YMCA of Columbia Swim Lesson Program teaches people of all ages how to be safer in and around water. The Lexington Family YMCA offers swim lessons at the Family Center Waterfront and Thornhill Apartment pool.

The preschool and youth program provides children with the basic-to-advanced education in aquatic techniques that will help them build lifelong habits of safety and good health.

<u>Preschool Program</u>	<u>Youth Program</u>
<ul style="list-style-type: none"> • Ages 3-5 years • 3 Levels <ul style="list-style-type: none"> ▪ Pike-Beginner ▪ Eels-Advanced beginner ▪ Ray/Starfish-Intermediate • 6 students per instructor 	<ul style="list-style-type: none"> • Ages 6-15 years • 3 Levels <ul style="list-style-type: none"> ▪ Polliwog-Beginner ▪ Minnow/Fish-Intermediate ▪ Flying Fish/Shark-Advanced • 8 students per instructor

June

S	M	T	W	Th	F	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

S	M	T	W	Th	F	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

S	M	T	W	Th	F	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Session #1
 Session #2
 Session #3
 Session #4
 Session #5

YMCA Member Rate: \$20.00 per session (8 classes)

YMCA Non-Member Rate: \$80.00 per session (8 classes)



YMCA Mission: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

Lexington Family YMCA Swim Lesson Registration Form

First Name: _____ Middle Initial: _____ Last Name: _____

Home address: _____

City: _____ State: _____ Zip: _____

Parent/Legal Guardian: _____

Home Phone: _____ Work/Cell: _____

Male _____ Female _____ Date of Birth: _____ Age: _____

School or Daycare: _____

In Case of Emergency notify: _____ Relationship: _____

Phone: _____

This application is made with the express understanding the YMCA is not responsible for any sickness or injury that the applicant may receive while in attendance at YMCA classes and programs, during transport to and from YMCA classes and programs, and that the YMCA reserves the right to reject any and all applications. Applicant agrees to hold the YMCA harmless against any and all damages due to sickness or injury occurring while the applicant is in attendance at YMCA classes and programs or during transport to/from said classes and programs. Also, I give permission for photographs to be taken of program participant during normal classes and program activities to be used in YMCA promotional materials without thought of remuneration.

Parent/Guardian Signature: _____ Date: _____

Please Circle Aquatics Program:

Pre-School Swim Lesson

Youth Swim Lesson

Please Circle Aquatics Program Site:

Lexington Family YMCA

Thornhill Apartments

First Choice:

Session: _____ Class/Level: _____ Date: _____ Time: _____

Second Choice:

Session: _____ Class/Level: _____ Date: _____ Time: _____

Email Address for Confirmation: _____

Office Use Only:

Date: _____ Amt Collected: _____ Class: _____ Staff Initials: _____

PRESCHOOL Swim Lessons (Ages 3-5 years)

Thornhill Apartment Pool

<u>Level</u>	<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
Pike (beginner)	1	June 8-18	Mon-Thurs	9:30-10:10 10:20-11:00
	2	June 22-July 2	Mon-Thurs	10:20-11:00 11:10-11:50
	3	July 6-16	Mon-Thurs	10:20-11:00 11:10-11:50
	4	July 20-30	Mon-Thurs	9:30-10:10 10:20-11:00
	5	Aug 3-13	Mon-Thurs	10:20-11:00 11:10-11:50
Eels (adv beginner)	1	June 8-18	Mon-Thurs	9:30-10:10 11:10-11:50
	2	June 22-July 2	Mon-Thurs	9:30-10:10 10:20-11:00
	3	July 6-16	Mon-Thurs	11:10-11:50
	4	July 20-30	Mon-Thurs	9:30-10:10
	5	Aug 3-13	Mon-Thurs	9:30-10:10
Ray/Starfish (Int/Adv)	3	July 6-16	Mon-Thurs	10:20-11:00

Lexington Family YMCA

<u>Level</u>	<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
Pike (beginner)	1	June 8-18	Mon-Thurs	4:00-4:40 4:50-5:30
	2	June 22-July 2	Mon-Thurs	4:00-4:40 4:50-5:30
	3	July 6-16	Mon-Thurs	4:00-4:40
	4	July 20-30	Mon-Thurs	4:00-4:40
	5	Aug 3-13	Mon-Thurs	4:00-4:40 4:50-5:30
Eels (adv beginner)	1	June 8-18	Mon-Thurs	4:00-4:40
	3	July 6-16	Mon-Thurs	4:00-4:40 4:50-5:30

Pike (3-5 yrs)

Little or no water experience necessary. Children learn to swim with a flotation device, blow bubbles with face in the water and lie on their backs with ears in the water. Class ration is 6 to 1 instructor. 40 Minutes

Eels (3-5 yrs)

Children must be able to swim horizontally with ½ a flotation block or no flotation for 25 meters. Pike skills reviewed; rotary breathing, kicking on back and diving skills will be learned. Class ratio is 6 to 1 instructor. 40 minutes

Rays/Starfish (3-5 yrs)

Must be able to swim 30 feet horizontally and demonstrate rotary breathing with kickboard. Learn bobbing, treading and arm coordination with rotary breathing. Class ratio is 6 to 1 instructor. 40 minutes.

YOUTH Swim Lessons (Ages 6-15 years)

Thornhill Apartment Pool

Level	Session	Date	Day	Time
Polliwog/Guppy (beginner)	1	June 8-18	Mon-Thurs	11:10-11:50
	2	June 22-July 2	Mon-Thurs	9:30-10:10 11:10-11:50
	3	July 6-16	Mon-Thurs	9:30-10:10 10:20-11:00 11:10-11:50
	4	July 20-30	Mon-Thurs	10:20-11:00 11:10-11:50
	5	Aug 3-13	Mon-Thurs	9:30-10:10 11:10-11:50
Minnow/Fish (Intermediate)	1	June 8-18	Mon-Thurs	10:20-11:00
	2	June 22-July 2	Mon-Thurs	9:30-10:10 11:10-11:50
	3	July 6-16	Mon-Thurs	9:30-10:10
	4	July 20-30	Mon-Thurs	11:10-11:50
	5	Aug 3-13	Mon-Thurs	10:20-11:00
Flying Fish/Shark (Adv)	1	June 8-18	Mon-Thurs	11:10-11:50

Lexington Family YMCA

Level	Session	Date	Day	Time
Polliwog/Guppy (beginner)	1	June 8-18	Mon-Thurs	4:50-5:30
	2	June 22-July 2	Mon-Thurs	4:00-4:40 4:50-5:30
	3	July 6-16	Mon-Thurs	4:00-4:40 4:50-5:30
	4	July 20-30	Mon-Thurs	4:00-4:40 4:50-5:30
	5	Aug 3-13	Mon-Thurs	4:00-4:40
Minnow/Fish (Intermediate)	2	June 22-July 2	Mon-Thurs	4:00-4:40 4:50-5:30
	4	July 20-30	Mon-Thurs	4:50-5:30
	5	Aug 3-13	Mon-Thurs	4:50-5:30

Polliwog (6-15 yrs)

Beginner class. Students learn front glide and flutter kick, back glide and flutter kick, paddle stroke and rhythmic breathing. Class ratio is 8 to 1 instructor. 40 minutes.

Guppy (6-15 yrs)

Must complete Polliwog or be able to swim 25 meters on their front and back. Students will refine paddle stroke and progress toward front crawl. Class ratio is 8 to 1 instructor. 40 minutes.

Minnow/Fish (6-15 yrs)

Must be able to swim 25 yards front crawl with rotary breathing and 25 yards on their back. Students learn back crawl, diving, elementary backstroke, backstroke kick and dolphin kick. Class ratio is 8 to 1 instructor. 40 minutes.

Flying Fish/Shark (6-15yrs)

Must be able to swim 200 meters front crawl and back crawl, elementary backstroke, breaststroke, breaststroke kick and dolphin kick. Children learn breaststroke, butterfly, open turns and sidestroke. Class ratio is 8 to 1 instructor. 40 minutes.