

## Jeep Rogers Family YMCA at Lake Carolina

### Youth Swimming Lessons

Swimming isn't a summer skill; it's a life skill. At the YMCA, we believe everyone should learn how to swim, whether they're 2 or 102. Swimming skills and a basic understanding of water safety ensure everyone has a fun, safe time at the pool, lake or beach. Family members can also gain a level of security for their little ones while they play!

Group lessons are offered during the week or on Saturdays in a fun, easy-going learning environment. Members \$20/Session Nonmembers \$80/Session.

#### Spring Swim Lesson Sessions

##### Monday & Wednesday Session Dates

April 13th - May 6th

May 11th - June 3rd

##### Tuesday & Thursday Session Dates

March 10th - April 2nd

May 12th - June 4th

##### Monday & Wednesday Class Times

Pikes and Eels 4:00-4:30pm

Polliwogs and Guppies 4:45-5:15pm

Minnows and Fish 5:30-6:00pm

##### Tuesday & Thursday Class Times

Rays and Starfish 4:00-4:30pm

Flying Fish 4:45-5:15pm

##### Saturdays Session Dates

April 4th - May 23rd

##### Saturday Class Times

Waterbabies 8:30-9:00am

Pikes & Guppies 9:00-9:30am

Polliwogs & Eels 9:45-10:15am

Minnows & Fish 10:30-11:00am

Ray & Starfish 11:15-11:45am

Flying Fish 11:15-11:45am

#### Summer Swim Lesson Sessions

##### Monday - Thursday Session Dates

June 8th-June 18th

June 22nd-July 2nd

July 6th-July 16th

July 20th-July 30th

August 3rd-August 13th

##### Monday-Thursday Class Times

Pikes & Eels 9:00 -9:30am

Rays & Starfish 9:40-10:10am

Polliwogs & Guppies 10:20-10:50am

Minnows & Fish 11:00-11:30am

Flying Fish & Shark 11:40-12:10pm

##### Saturdays Session Dates

June 6th - July 18th

July 25th - August 29th

##### Saturday Class Times

Waterbabies 8:30-9:00am

Pikes & Eels 9:00-9:45am

Rays & Starfish 9:55-10:40am

Polliwogs & Guppies 10:50-11:35am

Minnows & Fish 11:45-12:30pm

Flying Fish & Shark 12:40-1:25pm

**Private Lessons** are available for individuals. Not comfortable in a group lesson? Need special training for a sports event? Need help mastering a stroke? Private lessons are for you! Please contact Aquatics Department for more information.

## YMCA Swim Lesson Registration Form

Child's name \_\_\_\_\_ Birthday \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Home Phone Number \_\_\_\_\_ Alternate Phone Number \_\_\_\_\_

Email address \_\_\_\_\_

Member? (circle one) YES NO Swim Lesson Level \_\_\_\_\_

Session Date(s): \_\_\_\_\_

Is there any other information our YMCA staff need to know about your child?

\_\_\_\_\_

By signing this form, I understand that the YMCA of Columbia assumes no responsibility for injuries which I (or my child) may sustain as a result of my (or my child's) physical condition, or resulting from my (or my child's) observation or participation in any activity or use of facilities or equipment used for YMCA activities. I acknowledge on behalf of myself and heirs that I assume the risk of any injuries or illnesses which may result from my (or my child's) participation in these activities. I hereby release and discharge the YMCA of Columbia from any and all claims for injury, death, loss or damage which I (or my child) may suffer as a result of my own (or my child's) participation in these activities.

Parent/Guardian's name (print) \_\_\_\_\_

Parent/Guardian's signature \_\_\_\_\_ Date \_\_\_\_\_

### Preschool Levels (3 to 5 Years Old)

**Pikes (Beginner/Non-Swimmer)** This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers: teaching basic paddle stroke and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.

**Eels (Advanced Beginner)** This level reinforces pike skills. It is for children who are comfortable in the water. They are taught to flutter kick, dive, float and perform the progressive paddle stroke. Children can swim across the pool without assistance by the end of this level.

**Rays (Intermediate)** Swimmers at this level are moving through the water independently. They will be improving their stroke skills, building endurance and learn to tread water and perform more progressive diving skills.

**Starfish (Intermediate/Advanced)** Children at this level review previously learned skills and refine their strokes and floating skills. They also learn underwater swimming skills. Children can swim the length of the pool on their front and back at the end at this level.

### Youth Levels (6 Years Old and up)

**Polliwogs (Beginner/Non-Swimmer)** This class is for those who have little or no previous experience in the water. It 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 the front paddlestroke, side and back paddle, and wetball.

**Guppies (Intermediate Beginner)** The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to the lead-up strokes to front and back crawl, sidestroke, breaststroke, and elementary backstroke, as well as some diving skills.

**Minnows (Advanced Beginner)** The children further refine the lead-up strokes they have learned at the guppy level, continuing the development of these strokes. They also progress with their diving skills

**Fish (Intermediate)** At this level, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They are still learning more diving skills and are introduced to the butterfly stroke.

**Flying Fish (Advanced Intermediate)** Students will work on refining their strokes and increasing their endurance.

**Shark (Advanced)** The students at this level continue to improve their strokes, racing starts, turns, proper stroke pullouts and the Individual Medley (IM) are introduced.