



Eastside Family YMCA Swim Lesson Program!

Preschool Program: Ages 3-5

Pike: Beginner. No skills required

Eel: Must be able to swim 5ft without assistance. Swimmers should be comfortable putting their face in the water and floating on their front and back.

Ray: Must be able to swim 15ft without assistance. Swimmer should be able to float on their front and back and jump into the water without assistance.

Starfish: Must be comfortable in the water. Swimmer should be able to swim front stroke and backstroke 20 ft without assistance. They should be comfortable with getting into deep water.

***August 2 Week Aug 2-Aug 12**

____ Mon-Thurs 12:15-12:45

____ Mon-Thurs 3:00-3:30

____ Mon-Thurs 4:00-4:30

____ Mon-Thurs 5:00-5:30

***August: Aug 2-Aug 26**

____ Mon/Wed 6:00-6:30

____ Tues/Thurs 6:00-6:30

***August Saturdays Aug 7-Aug 28**

____ Saturday 10:00-10:30

____ Saturday 10:40-11:10

*Registration for all classes for the August begins July 15 for members and July 22 for non-members and will end Aug 2.

**Registration forms can be picked up at the front desk or in the folder on the bulletin by the pool.

Youth Swim Program: Ages 6-14

Polliwog: Beginner. No skills required

Guppy: Must be comfortable with putting their face in the water, be able to float on their front and back, and paddle 15ft without assistance. Confidence in deep water.

Minnow: Must be able to swim 15 yards using front crawl and backstroke to enter this class.

Fish: If a swimmer needs more instruction before moving into sail prep they can be in this class. They need to be able to swim 25 yards using the front crawl and the backstroke.

***August 2 week: Aug 2-Aug 12**

- _____ Mon-Thurs 12:15-1:00
- _____ Mon-Thurs 3:00-3:45
- _____ Mon-Thurs 4:00-4:45
- _____ Mon-Thurs 5:00-5:45

***August: Aug 2-Aug 26**

- _____ Mon/Wed 5:45-6:30
- _____ Tues/Thurs 6:00-6:45

***August Saturdays: August 7-Aug 28**

- _____ Saturday 11:15-12:00

Class Dates	Member Registration Begins	Non-Member Registration Begins	Late Registration (\$10 late fee applies)	*Session Cost *Please see individual classes for more pricing information
August 2 weeks session (M-TH) August 2-August 12	July 15	July 22	August 2	*\$47 Members/ \$87 Non (8 Lessons)
August 4 weeks session (M/W or T/TH) August 2-August 26	July 15	July 22	August 2	*\$47 Members/ \$87 Non (8 Lessons)
August Saturdays August 7-August 28	July 15	July 22	August 7	*\$47 Members/ \$87 Non (8 Lessons)

SAIL Prep (formerly known as WAVE) (Ages 6-14 years)

This program focuses on stroke development and improving efficiency in the water. This is a great way to stay in optimal condition during the off-season, and become prepared for summer swim leagues. One day per week will be spent on endurance, and another day will be spent on stroke refinement and skill. Practices include work on all four competitive strokes with plenty of games to keep things fun! Minimum requirements for each level: **SPLevel 1**: 25 yards freestyle & 25 yards backstroke; **SPLevel 2**: 50 yards freestyle & 50 yards backstroke;

August: Aug 2-Aug 26 \$52 Members/ \$92 Non-Members

SP Level 1 & 2 (Beginner/Intermediate)

_____ Mon/Wed 4:00-5:00pm
_____ Tues/Thurs 4:00-5:00pm

Parent/Child Program

Aqua Play Ages 6 months—24 months
Sea Turtles Ages 25 months—36 months
Sea Horses Ages 3-4 years

Children and parents use a variety of toys and equipment to make learning fun and interesting! All classes cover basic swimming movements, water orientation, parent education, and plenty of songs and games to keep the children engaged. Our program features a child-centered approach to let children proceed at their own pace because we want everyone to love the water as much as we do!

AquaPlay: Aug 2-Aug 23

Class Dates: \$29 Members/ \$49 Non-Members
_____ Mondays 6:00 - 6:30pm

Sea Turtles: Aug 2-Aug 25

Class Dates: \$47 Members/ \$87 Non-Members
_____ Mon/Wed 5:00 - 5:30pm

Sea Horses: Aug 2- Aug 25

Class Dates: \$47 Members/ \$87 Non-Members
_____ Mon/Wed 5:30 - 6:00pm

Adult Swim Program

It's never too late to learn to swim! We offer a comfortable group setting which teaches water adjustment, safety, swimming fundamentals and fitness to make learning to swim stress-free and fun.

* **August: August 2-August 25** _____ Mon/Wed 7:15 - 8:00pm