



**Youth Wave**—This 1 hour class is suggested for the ages of 6-10 years. Combining the use of water and land drills, this class will help to build endurance, and teach stroke technique and skills orientation for the 4 competitive strokes: freestyle, breaststroke, backstroke, and butterfly. The student is also introduced to competitive starts and turns.

**Because of the nature of this class, each student must be able to swim the following to enter the class:**

- 25 yards of continuous freestyle with rhythmic or rotary breathing
- 25 yards of continuous backstroke
- Have an understanding of breaststroke



**Teen Wave**—This 1 hour class is suggested for the ages of 11-17 years. As with Wave 1, instruction includes stroke technique for the 4 competitive strokes. However, there will be a stronger emphasis on endurance building, and an introduction to interval training. Swimmers will also be coached on swimming strategies that will enable them to get the most out of their workouts.

**Because of the nature of this class, each student must be able to swim the following to enter the class:**

- 50 yards of continuous freestyle with rhythmic/rotary breathing
- 50 yards of continuous backstroke
- 25 yards of continuous breaststroke
- 25 yards of dolphin (butterfly) kick



**Master's Swim**—Adults who are wanting to refine their competitive stroke technique, or learn how to swim more efficiently, should participate in the Master's Swim Program. This class meets Monday, Wednesday, & Friday at 5:40am and is available to YMCA members.

## Dear Parents,

The YMCA has been teaching and developing swim lessons for over one hundred years! Here at the YMCA of Greenville, we follow that tradition by offering a wide variety of aquatic programs, but maintain a personal relationship with each individual.

The Wave swim school (otherwise called Pre-SAIL) program is designed to be non-competitive swim instruction that focuses on developing proper stroke technique. This is a great way for a child to stay in optimal condition during the swimming off-season and to prepare them for the summer swim leagues. Each class is age specific, but has room to develop both the intermediate and advanced skills.

- Youth Wave is a 1 hour class that helps younger swimmers develop all 4 competition strokes.
- Teen Wave is a 1 hour class that uses repetition and drills to develop all 4 competition strokes.

Students in Wave are grouped together and exercise according to their skills. Even though there are typically 2 skill groups for each class, all students need to meet the prerequisites to enter each class.

The Golden Strip Family YMCA has opened up the pool for any parent who wants to know if their child is ready for Wave. **This evaluation is required for any new students, and encouraged for anyone who has any doubts about their child's skill level.**

- |                            |                              |
|----------------------------|------------------------------|
| • Sunday, June 20, 2:00pm  | • Tuesday, June 29, 6:15pm   |
| • Monday, July 5, 2:00pm   | • Tuesday, July 13, 6:15pm   |
| • Sunday, July 18, 2:00pm  | • Tuesday, July 27, 6:15pm   |
| • Sunday, August 1, 2:00pm | • Tuesday, August 10, 6:15pm |
| • Sunday, Sept. 12, 2:00pm | • Tuesday, Sept. 28, 6:15pm  |

The Summer Session evaluation dates are:

If you are not able to make these dates, you can stop by during evening swim lessons (Monday-Thursday, 4:30pm-6:30pm) where an instructor will be able to "swim-test" your child prior to your registration.

If you have any questions, please contact the Aquatic Department at 963.3605 or [gymcaaquatics@gmail.com](mailto:gymcaaquatics@gmail.com).



**YMCA**

We build strong kids,  
strong families, strong communities.

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Youth & Teen  
Wave



Swim School

Summer  
Session

July—August, 2010



*The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.*

## Step 1: Register Student

(Print only)

Name \_\_\_\_\_

Birth Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (circle one)  
Male / Female

Home Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Mobile/Work Phone \_\_\_\_\_

Medical Concerns \_\_\_\_\_

## Step 2: Choose a Session

**Summer Session IV** (July 19—29, 2010)  
10JUL (weekdays only)

Members Register (prices vary): July 8  
General Public Register (prices vary): July 12  
Last-Minute registration (\$10 more): July 15  
Last day to register: July 15

**Summer Session V** (August 2—August 12, 2010)  
10AUG (weekdays only)

Members Register (prices vary): July 22  
General Public Register (prices vary): July 26  
Last-Minute registration (\$10 more): July 29  
Last day to register: July 29

If you are interested in having a specific skill developed in your child's swimming, ask about the YMCA's Private Swim Lesson program.

## Step 3: Choose Class

**Youth**

04AQLWYTH...

- Monday @ 3:45pm**  
• YMCA members-\$13; Public-\$23
- Tuesday @ 3:45pm**  
• YMCA members-\$13; Public-\$23
- Wednesday @ 3:45pm**  
• YMCA members-\$13; Public-\$23
- Thursday @ 3:45pm**  
• YMCA members-\$13; Public-\$23

**Teen**

04AQLWTEN...

- Monday @ 4:45pm**  
• YMCA members-\$13; Public-\$23
- Tuesday @ 4:45pm**  
• YMCA members-\$13; Public-\$23
- Wednesday @ 4:45pm**  
• YMCA members-\$13; Public-\$23
- Thursday @ 4:45pm**  
• YMCA members-\$13; Public-\$23

### Is my child ready for Wave?

You're trying to get your child the best swim instruction around and Wave appears to be a intense, yet rewarding class. But is your child ready for this challenging class? That's where we can help.

Bring your child during any evening swim lessons, and a YMCA-trained swim instructor will watch him or her swim, and then prescribe a swim level for your child.

## Step 4: Sign Registration

### Release of Liability

In the event an accident occurs, I am aware that the YMCA does not provide accidental insurance, and I will not hold the YMCA responsible for any injury. The YMCA has my permission to take photographs of my child and use them in promotional materials (brochures, member newsletters, etc.)

\_\_\_\_\_  
(Signature of Parent/Guardian/Participant)

\_\_\_\_\_  
(Date)

### Cancellation Policy

I understand there is a minimum of 3 participants required to constitute a class for swim lessons. If classes are cancelled due to weather or any other reason that the YMCA deems necessary, the following measures will be taken: Upon the first and second incidents the lessons will be made up. Upon any incident there after, the lessons will be lost and a credit will be granted. I understand that I need to notify the YMCA at least 48 hours before the start of a session that I will not be attending in order to receive a credit. **Refunds will not be given for missed lessons.**

\_\_\_\_\_  
(Signature of Parent/Guardian/Participant)

\_\_\_\_\_  
(Date)