

Ages 6-14



Polliwog (level 1)—This is the beginning level for children ages 6 and up. It gets children acquainted with the pool, basic swimming skills, the use of floatation devices, personal safety, and rescue skills. Children will learn the front paddle stroke, side and back paddle, some synchronized swimming skills, boating safety and enjoy a game of wetball (lead-up game to water polo). To progress to the next level, children must be able to swim 20 feet on their front, back, and sides without any assistance.



Guppy (level 2)—Children continue to practice and build upon basic skills. Students will build endurance and are introduced to breaststroke, elementary backstroke, and rhythmic rotary breathing in the front crawl. More synchronized swimming and wetball skills are taught as well as diving skills and personal safety. To progress to the next level, students must be able to swim 25 yards of each stroke with or without assistance.



Minnow (level 3)—This is the intermediate level. The children build enough endurance to perform five strokes for 25 yards without an instructional floatation device (IFD). Stroke mechanics are highly emphasized. Children learn more synchronized swimming skills, wetball, diving skills, personal safety, boating safety, and rescue. To progress to the next level, children must swim 25 yards of each stroke with proper stroke mechanics without an IFD.



Fish (level 4)—Children perform the crawl stroke, elementary backstroke, back crawl, and sidestroke for longer distances. They are introduced to the butterfly stroke. They continue learning additional synchronized swimming movements, wetball skills, and diving skills as well as personal safety, boating and rescue skills. To complete this level, children must swim 50 yards of each stroke (except butterfly) with open turns. Students must swim 15 yards of butterfly.

Adult—This class is not only designed for the adult who has never had group lessons and wants to improve their stroke, but also those who might be terrified of the water. The emphasis in this class is on learning, not on passing or failing.

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 Youth Aquatic Program, ages 6-14, meets the child's individual level. Through an 8-class session, the instructor not only teaches the student water safety, games, and strokes for swimming, but also introduces them to personal fitness and health. Each class is student centered and the Aquatic Department tracks the child's progress and rewards them as they move through the different levels.

In the adult swim lesson program, our instructors find out from each student what their individual goals are, and help them achieve those goals.

In order to have each student in a class with other children with of same skills, Golden Strip Family YMCA has opened up the pool for parents to bring their children to an evaluation. **This evaluation is required for any new students, and encouraged for anyone who has any doubts about their child's skill level.**

The Summer Session evaluation dates are:

- 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

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.



YMCA

We build strong kids,
strong families, strong communities.

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Youth &
Adult



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

10JUL Summer Session IV (July 19—29, 2010)
(Weekdays only)
Members Register (\$47): July 8
General Public Register (\$87): July 12
Last-Minute registration (\$10 more): July 15
Last day to register: July 15

10AUG Summer Session V (August 2—August 12, 2010)
(Weekdays only)
Members Register (\$47): July 22
General Public Register (\$87): 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 a Class

What level is my child?

You're trying to get your child the best swim instruction around, but these different levels, and even the different fish, can be confusing. That's where we can help.

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

Adult

- Monday Evenings (6:00pm)
 Wednesday Evenings (6:00pm)

Summer Session IV (August 2—25, 2010)

Members class fee: \$29
Non-members class fee: \$49

04AQLA

For a class with more advanced stroke technique, please inquire about Masters swimming.

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)

Pollwog
(Level 1)
04AQLYPOL

- Monday—Thursday (11:00pm)
 Monday—Thursday (3:45pm)
 Monday—Thursday (5:45pm)

Guppy
(Level 2)
04AQLYGUP

- Monday—Thursday (12:00pm)
 Monday—Thursday (3:45pm)
 Monday—Thursday (4:45pm)

Minnow
(Level 3)
04AQLYMIN

- Monday—Thursday (12:00pm)
 Monday—Thursday (4:45pm)
 Monday—Thursday (5:45pm)*

*This class may be combined with a Fish level class

Fish
(Level 4)
04AQLYFSH

- Monday—Thursday (11:00am)
 Monday—Thursday (5:45pm)*

*This class may be combined with a Minnow level class