



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE CONFIDENT SWIMMER

## CAINE HALTER SWIM LESSONS

### CHOOSE YOUR 4-WEEK SESSION

Member: \$48 // Non-Member: \$88

**November Session**

*October 24—November 19*

Member Registration: October 6  
Non-Member Registration: October 13  
Late Registration: October 20 (add \$10)

**December Session**

*November 21—December 17*

Member Registration: November 3  
Non-Member Registration: November 10  
Late Registration: November 17 (add \$10)

### CHOOSE YOUR CLASS LEVEL

**(Mondays/Wednesday or Tuesday/Thursdays)**

**Parent-Tot Classes (Ages 6M-36M)**

Parent-Tot Class

**Preschool Classes (Ages 3-5)**

Pike / Eel  
 Ray / Starfish

**Youth Classes (Ages 6-14)**

Polliwog / Guppy  
 Minnow / Fish

### CHOOSE YOUR CLASS TIME

**Parent-Tot Classes**

10:00-10:30am (Tue/Th)  
(Member: \$48 // Non-Member: \$88)  
 6:00-6:30pm (Monday Only)  
(Member: \$30 // Non-Member: \$50)

**Preschool**

9:40-10:10am  
 10:20-10:50am  
 11:00-11:30am  
 4:45-5:15pm  
 5:20-5:50pm  
 6:00-6:30pm

**Youth**

4:30-5:15pm  
 5:15-6:00pm  
 6:00-6:45pm

### CHOOSE YOUR 8-WEEK SESSION

Member: \$48 // Non-Member: \$88

**November—December Session (Saturday Only)**

*October 24—December 17*

Member Registration: October 6  
Non-Member Registration: October 13  
Late Registration: October 20 (add \$10)



### CHOOSE YOUR CLASS LEVEL

**Parent-Tot Classes (Ages 6M-36M)**

Parent-Tot Class

**Preschool Classes (Ages 3-5)**

Pike / Eel  
 Ray / Starfish

**Youth Classes (Ages 6+)**

Polliwog / Guppy  
 Minnow / Fish

### CHOOSE YOUR CLASS TIME

**Parent-Tot Classes**

9:30-10:00pm (Saturday Only)  
(Member: \$30 // Non-Member: \$50)

**Preschool**

9:00-9:30am  
 9:40-10:10am  
 10:20-10:50am  
 11:00-11:30am

**Youth**

9:00-9:45am  
 9:45-10:30am  
 10:30-11:15am

### CHOOSE YOUR ADULT CLASS (AGES 15+)

Member: \$48 // Non-Member: \$88

Monday & Wednesday @ 8:30-9:15am  
 Tuesday & Thursday @ 6:30-7:15pm



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# SAFE CONFIDENT SWIMMER

## CAINE HALTER SWIM LESSONS

### PARENT CHILD CLASSES

This program incorporates the use of songs and games to promote confidence in the water. The program also teaches basic pool and water safety to parents in the class. Because parents are in the pool with the children, the program is unique for all participants.

### PRESCHOOL CLASSES (3-5YRS)

Pike, Eel, Ray, and Starfish are 30-minute classes that offer children their first experience in the pool without parental assistance. Classes are available at our three aquatic locations: Golden Strip, Caine Halter, and Eastside branches.

### PIKE

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 stroke and kicking skills, floating and pool safety.

### EEL

Building on Pike skills, this level is for children who are comfortable in the water and able to swim 10 yards with face in the water wearing a float belt or 5 feet without the float belt. Children are taught to float, kick, and perform progressive arm movement across the pool.

### RAY/STARFISH

Building on Eel skills, this level is for children who are able to swim 25 yards with face in the water wearing a float belt or 15 feet without the float belt. Children at these levels review previously learned skills, refine their strokes, perform progressive diving skills, treading water and underwater swimming skills.

### YOUTH CLASSES (6-14YRS)

### POLLIWOG

For older children who are not comfortable around water. Focuses on basic skills, coordination and a strong foundational knowledge to help advance to other levels.

### GUPPY

Once able to swim five feet unassisted, kids are ready for rotary breathing and endurance and preparation to learn more advanced strokes.

### MINNOW

For those who can swim a 25-yard front crawl with consistent use of rotary breathing. Upon this foundation, the backstroke and more advanced stroke techniques are taught.

### FISH

This level teaches breaststroke and endurance to those already able to incorporate solid backstroke skills and complete fifty yards using rotary breathing.

### ADULT CLASSES

These classes are 45 minutes long and designed for people ages 1 and up who are interested in learning to swim or gaining additional comfort in their current knowledge and abilities. It is never too late to learn!

### PRIVATE CLASSES

Private lessons are available to every age group and level of swimming ability. Private lessons are scheduled through each branch's Aquatic department. Classes are 30 minutes in length and provide one on one interaction with a swim instructor. These are sold in packages of 4 lessons.

### SESSION DATES, COST & REGISTRATION

SESSION	SESSION DATES	REGISTRATION DATES	
		MEMBER	NON-MEMBER
January	January 2—28	December 15	December 22
February	January 30—February 25	January 12	January 19
Jan-Feb	January 2—February 25	December 15	December 22
March	February 27—March 24	February 9	February 16
April	March 26—April 28	March 8	March 15
Mar-Apr	February 27—April 28	February 9	February 16
May	April 30—May 26	April 12	April 19
Summer 1	June 4—June 16	May 17	May 24
Summer 2	June 18—June 30	May 31	June 7
Summer 3	July 2—July 14	June 14	June 21
Summer 4	July 16—July 28	June 28	July 5
Summer 5	July 30—August 11	July 12	July 19
September	August 27—September 22	August 9	August 16
October	September 24—October 20	September 6	September 13
Sept-Oct	August 27—October 20	August 9	August 16
November	October 22—November 17	October 4	October 11
December	November 19—December 15	November 1	November 8
Nov-Dec	October 22—December 15	October 4	October 11
COST		MEMBER	NON-MEMBER
Weekday Session—8 lessons		\$48	\$58
Saturday Session—8 lessons		\$48	\$58
Adult Lessons— 8 lessons		\$48	\$88
Private Lessons— 1 lesson		\$25	\$35

### SWIM LESSONS POLICIES

- Classes must be paid for in full at the time of registration. Classes where no one has registered will be cancelled the day prior to start date.
- Three students must register for a class to continue as scheduled (full session). If only two students register for a class, the class will meet 6 times instead of 8.
- Make-up days are provided only if the Y cancels a class. THERE ARE NO REFUNDS FOR CLASSES OR SESSIONS NOT ATTENDED. The Y has discretion as to credits due to extenuating circumstances. Make-up classes may not always be done at the regularly scheduled class time or date.
- In case of thunder or lightning, the pool will close. If these conditions occur please call your Y. If at all possible we will try to contact you prior to your lesson.
- Depending on availability, registration for classes will end 48 hours before the session start date.