



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM LESSONS

JANUARY—MAY 2012

TRI LAKES YMCA

Welcome to YMCA swimming lessons—the nation's leading swim lesson provider!

We are pleased you have chosen us to be part of this rewarding experience. Our instructors have access to one of the most comprehensive training and certification programs of any sport in the Country.

Y lessons teach more than just great strokes: they develop confidence, promote personal safety and personal growth and teach rescue skills.

Children are taught in a safe and friendly environment in small class sizes with the option of private and semi-private lessons. Children are advanced through levels at their own pace and will only advance once they can perform the required skills safely and proficiently.



Tri Lakes YMCA
17250 Jackson Creek Pkwy Monument, CO 80132
P 719 481-8728
www.ppymca.org

YMCA PROGRAM OVERVIEW

Parent / Child

For ages 6mths – 3 yrs

Class Length

Children become aware of the differences between moving through water and on dry land, while parents gain knowledge in how to keep their child safe in and around water. Instructors develop a bond with the children that helps prepare them for classes without the parent/guardian. Two levels are offered Shrimp (6–18 months) and Perch (18 months–3 years)

Preschool

For ages 3-5 yrs

Class length: 30 minutes

Pike (Beginner)

Designed for new swimmers and aimed at developing safe pool behavior, adjusting to the water, and developing independent movement in the water. Children learn pool safety, kicking skills, bubble blowing, and the first steps in rhythmic breathing.

Eel (Advanced Beginner)

This level is for children who are comfortable in the water; it reinforces Pike skills. Children are taught arm movements and learn to integrate the kick for a progressive and independent paddle stroke. Children will be able to swim 10 yards unassisted by the end of this level.

Ray (Intermediate)

A gateway to lap swimming. Children improve skills and endurance by swimming on their front and back in a more streamlined form. Instruction emphasizes more advanced personal safety and rescue skills, and includes treading water. Children will be able to swim 15 yards without assistance by the end of this level.

Starfish (Advanced)

Children learn the fundamentals of lap swimming, swimming as part of a team, and the basics of four competitive strokes. Children will be able to swim 20 yards by the end of this level.

Youth

For ages 6-14 yrs

Class length: 45 minutes

Polliwog (Beginner)

Students are acquainted with the pool environment, safety, flotation devices, and basic stroke and kicking skills. By the end of this level, students have learned front paddle stroke, breaststroke, and elementary backstroke.

Guppy (Advanced Beginner)

Students learn to integrate the basic stroke and kick movements into three basic strokes: front crawl (freestyle), breaststroke, and backstroke. Students can swim 50 yards by the end of this level.

Minnow (Intermediate)

Introduces students to competitive swimming practices such as circle swimming and flip-turns. Students refine the basic stroke skills from previous classes and also learn butterfly, sidestroke, and advanced personal safety and rescue skills. Students are able to swim 100 yards at the end of this level.

Fish (Advanced)

Emphasizes endurance swimming and techniques that focus on the competitive strokes; butterfly, backstroke, breaststroke, and front crawl (freestyle) with turns. By the end of this level students are able to swim 200 yards continuously using a variety of strokes.

Flying Fish (Advanced I)

Emphasizes endurance swimming and techniques that focus on the competitive strokes; butterfly, backstroke, breaststroke, and front crawl (freestyle) with turns. By the end of this level students are able to swim 400 yards continuously with a variety of strokes.

Swim Team

For ages 6-14 Yrs

Class Length: 45–60 minutes

Do your children like to swim? Do they have a competitive edge? Swim Team will work on perfecting your child's strokes while they gain endurance and speed. Swim meets are held once per month.

Adults

For ages 15+

Class Length: 30 minutes

This is an introduction to the basic swimming strokes and skills. Our goal is to help you enjoy the positive benefits that swimming has to offer. Two classes available Beginner & Intermediate.

Swimming Test Policy

To increase the level of safety during YMCA aquatic activities any child under the age of 13 must be swim tested. A color coded neck band will then be given to the child according to their ability (which they must wear to be able to swim). Children under the age of 7 may only be in the pool without an adult if they have passed the green band test. Please pick up your band at the front desk before entering the pool.

THE TRI LAKES YMCA RESERVES THE RIGHT TO CANCEL OR COMBINE CLASSES DUE TO LOW ENROLMENT AND TRANSFER LESSON PARTICIPANTS TO A SWIM LEVEL THAT BETTER SUITS THEIR ABILITY.

SWIM LESSONS SCHEDULE

| PROGRAM | MON / WED | TUES / THURS | FRIDAY | SATURDAY |
|-----------------------|---|--|--|--|
| Parent / Child | 9:30-10:00am Shrimp | | | 9:55-10:25am Perch |
| Preschool | 10:05 -10:35am Pike / Eel Combo 1:00-1:30pm Pike 1:35-2:05pm Eel, Ray / Starfish | 4:30 -5:00 pm Pike, Eel 5:05 -5:35pm Ray / Starfish | 9:20 -9:50am Pike/Eel Combo | 9:20 -9:50am Pike, Eel, Ray / Starfish |
| Youth | 10:40am-11:25am Home school | 5:40-6:25 pm Minnow, Fish, Flying Fish/Shark 6:30-7:15pm Polliwog, Guppy | 4:30-5:15pm Polliwog, Guppy, 5:20-6:05pm Minnow, Fish | 8:30 -9:15am Polliwog, Guppy, Minnow 10:30-11:15am Fish, Flying Fish |
| Swim Team | | 5:45-6:30pm 6-10yrs old 6:30-7:30pm 11-14yrs old 7:30-8:30pm Masters | | |
| Adult (15 +) | | 7:30 -8:00pm Beginner, Intermediate | | |

SESSION DATES

| WEEKDAY (MON/WED & TUES/THURS) SESSION DATES | REGISTRATION CLOSING DATE |
|--|---------------------------|
| January 9th—February 2nd | January 6th* |
| February 6th—March 1st | February 3rd* |
| March 5th—March 22nd** | March 2nd* |
| April 2nd—April 19th** | March 30th* |
| April 30th—May 24th** | April 27th* |

| FRIDAY & SATURDAY SESSION DATES | REGISTRATION CLOSING DATE |
|---------------------------------|---------------------------|
| January 13th—February 4th | January 11th* |
| February 10th—March 3rd | February 8th* |
| March 9th—March 24th** | March 7th* |
| April 6th—April 20th** | April 4th* |
| May 4th—May 26th** | May 2nd* |

COST

| PROGRAM | MEMBER | NON-MEMBER |
|--|---------|------------|
| Parent & Child (Mon/Wed) | \$33 | \$64 |
| Parent & Child (Sat) | \$16 | \$32 |
| Preschool / Youth & Adult (Mon/Wed & Tues/Thurs) | \$27 | \$68 |
| Pre-school / Youth & Adult (Fri & Sat) | \$13.50 | \$34 |
| Swim Team (Tues/Thurs) | \$45 | \$65 |

** March & April sessions are prorated according to the number of classes

2012 TRI LAKES YMCA SWIMMING PROGRAM

PARENT ORIENTATION HANDOUT

Parents and Swimmers,

Welcome to the Tri Lakes YMCA Swim Lesson Program! We are so thrilled you've chosen us to be a part of this wonderful experience. Please read below as we have tried to provide all the key information about our swim lesson program and the objectives that we wish to accomplish.

The purpose of the Y Swim Lessons program is to develop competency in swimming; along with confidence and endurance. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level. We expect each child to learn and progress at his or her own rate. Therefore, do not get discouraged if your child does not complete all the skills within his or her own level during any one session. Your child needs to know that it is acceptable to take as much time as necessary to master the skills.

The YMCA Swimming program is expected to meet the overall Y program objectives:

- Grow personally
- Teach values
- Improve personal and family relationships
- Appreciate diversity
- Become better leaders and supporters
- Develop specific skills
- Have fun!

Along with the objectives, the YMCA Swimming program has five components in each level:

- Personal safety
- Personal growth
- Stroke development
- Water sports and games
- Rescue

We take great pride in our swimming program at the Tri Lakes YMCA. We want to provide each and every participant with the best experience imaginable. In order to ensure a safe and fun experience for your child and their instructor please:

- **Try to attend all classes in the session that you signed-up for. Use the youth or family locker rooms.**
- **Make sure that your child showers prior to the class and that he / she uses the restroom before class.**
- **Make sure that your child does not get into the pool before class.**
- **Remember children must be at least 7 years of age to be in the pool without an adult.**

We hope this provides a clear picture of our swim lessons program and its objectives. The YMCA Swimming program is unlike any other and we want to continue to give you the best experience here at the Tri Lakes YMCA. Please share any questions or concerns that you have with our staff.

Have a wonderful experience.

Robert Blundell
Aquatics Director

