



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

2012 SUMMER PROGRESSIVE SWIM LESSONS

**CLASSES MEET Monday thru Thursday
FOR 2 WEEKS- (8 classes total)
Choose Either Day or Night Classes**

Session 1 - June 4 - 14

Session 2 - June 18 - 28

Session 3 - July 9 - 19

Session 4 - July 23 - August 2

MEMBERS: \$38.00

PROGRAM PARTICIPANTS: \$64.00

**INQUIRE AT MEMBER SERVICES ABOUT HOW A YMCA
MEMBERSHIP CAN SAVE YOU MONEY!**

**PLEASE SEE THE REVERSE SIDE OF THIS FLYER FOR A QUIZ
TO DETERMINE THE SKILL LEVEL OF YOUR CHILD.**

**NOTE: IT IS THE PRIMARY CAREGIVERS RESPONSIBILITY TO
ENSURE THAT STUDENTS ARE PLACED IN THE CORRECT
CLASS.**

IF YOU HAVE QUESTIONS, PLEASE SEE:

**Lisa Autry
Director of Family and Aquatic Services
501-623-8803**



THE Y PROGRESSIVE SWIM LESSONS

MOMMY DADDY AND ME: (1yr—3 yrs)

INTRODUCES YOUR INFANT/TODDLER TO WATER WITH THE SAFETY OF A PRIMARY CARE GIVER. THIS CLASS IS A COLLABORATIVE EFFORT BETWEEN PARENT/CHILD/ SWIM INSTRUCTOR.

PIKES: (3 years—5 years)

THIS CLASS IS PERFECT FOR CHILDREN WHO HAVE NEVER HAD SWIM LESSONS BEFORE. THEY WILL BE TAUGHT BREATH CONTROL AND MODIFIED FREESTYLE (DOG PADDLE).

EELS: (3years—5 years)

IS YOUR CHILD READY TO PROGRESS IN SKILL WITH “UP AND OVER” TECHNIQUE (FREESTYLE)? THIS CLASS IS FOR THEM! COURAGE AND SKILL BUILDING ALL THE WAY!

RAYS: (3 years—5 years)

BECAUSE THEY MASTERED BASIC FREESTYLE IN EELS; YOUR CHILD WILL COME TO RAYS TO IMPROVE THEIR FREESTYLE AND SWIM LONGER DISTANCES! YOUR CHILD WILL BE INTRODUCED TO BACKSTROKE IN THIS CLASS!

POLLIWOGS: (6 years—18)

POLLIWOGS IS A CLASS FOR OLDER KIDS WHO NEED TO BUILD COURAGE AROUND THE WATER. THIS IS AN ACCLAMATION CLASS AND STUDENTS WILL BE INTRODUCED TO BASIC WATER SKILLS.

GUPPIES: (6 years—18 years)

YOUR CHILD WILL “TAKE OFF” IN THIS CLASS! BY THE END THEY WILL UNDERSTAND ROTARY BREATHING, FREESTYLE, DIVING AND BACK STROKE TECHNIQUE! STUDENTS WILL BEGIN TO FEEL CONFIDENT ABOUT SKILLS AFTER THIS CLASS!

MINNOW FISH: (6 years –18 years)

THIS ADVANCED LEVEL CLASS COVERS A STUDENT’S ABILITY TO SWIM FREESTYLE, BACKSTROKE, AND BREASTROKE KICK! DIVING AND ENDURANCE TRAINING WILL ALSO BE COVERED.

SEALS SWIM TEAM: (six and up)

PARTICIPATION ON THE STATE RANKED YMCA SEALS SWIM TEAM MEANS THAT YOUR CHILD HAS THE DESIRE AND DISCIPLINE TO MAKE SWIMMING A REGULAR PART OF DAILY ACTIVITY! COMPETITIVE SWIM IS A CHALLENGING SPORT THAT TRULY DEVELOPS STUDENTS INTO GREAT CITIZENS!

PARTICIPATION ON THE SEALS SWIM TEAM IS BY INVITATION ONLY.

DETERMINING WHAT CLASS YOUR CHILD SHOULD BE IN:

THE CLASS WITH THE MOST “YES” ANSWERS, IS THE CLASS YOUR CHILD NEEDS TO BE REGISTERED IN.

MOMMY DADDY AND ME:

YOUR CHILD IS BETWEEN 1YR—3YRS. Y N
A PARENT IS AVAILABLE TO ATTEND CLASS. Y N
YOUR CHILD NEEDS ADULT ASSISTANCE IN WATER. Y N

PIKE:

YOUR CHILD IS BETWEEN THE AGE OF 3 AND 5. Y N
YOUR CHILD IS A LITTLE FEARFUL OF WATER. Y N
YOUR CHILD SOMETIMES STILL USE “FLOATIES”. Y N
YOUR CHILD DOES NOT LIKE TO PUT FACE IN WATER. Y N

EELS:

YOUR CHILD IS BETWEEN THE AGE OF 3 AND 5. Y N
YOUR CHILD CAN SWIM 3-5 FEET UNASSISTED. Y N
YOU CHILD NEVER USES FLOATIES TO SWIM. Y N
YOUR CHILD IS COMFORTABLE IN THE WATER. Y N
YOUR CHILD IS READY FOR TECHNIQUE DEVELOPMENT. Y N

RAYS:

YOUR CHILD IS BETWEEN THE AGE OF 3 AND 5. Y N
YOUR CHILD CAN SWIM W/O ASSISTANCE. Y N
YOU CHILD CAN SWIM 12-15 FEET USING FREESTYLE. Y N

POLLIWOGS:

YOUR CHILD IS OVER THE AGE OF 6. Y N
YOUR CHILD IS A LITTLE FEARFUL OF WATER. Y N
CHILD USES A “NOODLE” OR OTHER FLOTATION DEVICE Y N
YOUR CHILD DOES NOT LIKE TO PUT FACE IN WATER. Y N

GUPPIES:

YOUR CHILD IS OVER THE AGE OF 6. Y N
YOUR CHILD CAN SWIM 10-12 FEET UNASSISTED. Y N
YOUR CHILD IS VERY COMFORTABLE IN THE WATER. Y N
YOUR CHILD IS READY TO LEARN FREESTYLE AND BACKSTROKE. Y N

MINNOW FISH:

YOUR CHILD IS OVER THE AGE OF 6. Y N
YOUR CHILD CAN SWIM THE LENGTH OF THE Y POOL Y N
YOUR CHILD CAN DO FREESTYLE W/ ROTARY BREATHING. Y N
YOUR CHILD CAN DO BACKSTROKE. Y N

SEALS SWIM TEAM:

YOUR CHILD IS SIX YEAR OR OLDER? Y N
YOUR CHILD HAS MASTERED ALL FOUR STROKES? Y N
YOU HAVE SPOKEN WITH COACH JIM? Y N

NOTE: STUDENTS ARE ALLOWED ON THE SWIM TEAM BY INVITATION ONLY. IF YOUR CHILD IS INTERESTED IN THE SEALS SWIM TEAM AND CAN ANSWER “YES” TO THE ABOVE QUESTIONS, THEN YOU NEED TO CALL COACH JIM REGARDING AN INVITATION.