

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Winter 1 1/11/2010-2/27/2010

SCHEDULING FOR SWIM LESSONS

Register your child for their age group (SKIP, Preschool or Youth). They will be evaluated on the first day of class and placed into groups based on ability. If your child is in the Youth age group, please register them for either Youth I or

Youth II depending on the last class they were in. **In order to be in Youth II your child must have passed Minnow or gotten permission from Adam. They need to be able to swim two lengths of the pool front and back crawl and be able to do breaststroke.** If they have not taken classes here before or you are not sure what level to register for please contact Adam Bander at 248.553.4020 ext. 123 or by email abander@ymcametrodetroit.org

Members: \$55

Program Members \$95

No credits or cancellations after the second week of class

SKIP (6 months - 3 years)

This class is for children and their parents. The primary objective is to get both parent and child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills.

The child will be exposed to songs and games that use basic movements in the water.

Monday	6:20 - 6:50 p.m.	02128-01
Tuesday	9:35 - 10:05 a.m.	02128-02
Wednesday	6:20 - 6:50 p.m.	02128-03
Saturday	10:00 - 10:30 a.m.	02128-04



Preschool (3 years - 5 years)

This is a child's first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming.

Monday	1:00-1:30 p.m.	02325-01
Tuesday	5:45-6:15 p.m.	02325-02
Tuesday	7:00-7:30 p.m.	02325-03
Thursday	1:30-2:00 p.m.	02325-04
Thursday	5:00-5:30 p.m.	02325-05
Thursday	7:00-7:30 p.m.	02325-06
Friday	4:15-4:45 p.m.	02325-07
Saturday	10:00-10:30 a.m.	02325-08
Saturday	11:20-11:50 a.m.	02325-09

Youth I (6 years - Older)

Polliwog, Guppy, Minnow

Children practice and build upon skills that were previously taught and gradually perform them without the aid of floatation devices.

They are introduced to front crawl, back crawl, elementary backstroke, modified sidestroke, and modified breaststroke.

They will also learn diving and treading water along with other safety skills.

Tuesday	4:15-4:55 p.m.	02427-01
Tuesday	6:20-7:00 p.m.	02427-02
Tuesday	7:00-7:40 p.m.	02427-03
Thursday	5:35-6:15 p.m.	02427-04
Thursday	6:20-7:00 p.m.	02427-05
Thursday	7:00-7:40 p.m.	02427-06
Friday	4:50-5:30 p.m.	02427-07
Saturday	9:15-9:55 p.m.	02427-08
Saturday	10:35-11:15 a.m.	02427-09



Youth II (6 years-Older)

Fish, Flying Fish, Shark, Porpoise

Children continue to work on previously learned skills. They will also learn sidestroke, breaststroke, and butterfly. Children will also practice flip turns.

Speed, endurance, and technique are taught.

Tuesday	5:00-5:40 p.m.	02427-21
Tuesday	7:00-7:40 p.m.	02427-22
Thursday	4:15-4:55 p.m.	02427-23
Thursday	7:00-7:40 p.m.	02427-24
Friday	5:35-6:15 p.m.	02427-25
Saturday	8:30-9:10 a.m.	02427-26
Saturday	10:35-11:15 a.m.	02427-27

Adult Swim Lessons

This class is for adults of all skill levels. We will teach you how to swim if you don't know, or teach you how to swim faster or longer if you already do.

Tuesday	6:20-7:00 p.m.	02627-01
Thursday	6:20-7:00 p.m.	02627-02
Saturday	11:20-12:00 p.m.	02627-03



All Swim lessons are taught by nationally certified lifeguards/swim instructors

All classes have low student:teacher ratios

The YMCA has been teaching swimming lessons for over 150 years and has taught millions of children and adults to swim!