



SWIM LESSON SCHEDULE

January/February 2017

North Austin YMCA
 1000 W Rundberg Ln.
 Austin, TX 78758
www.austinyymca.org



MONTH	DAY	REG. BEGINS	REG. DEADLINE	SESSION DATES	# OF CLASSES	MEMBER \$	NON-MEMBER \$
January	M/W	11/20 (12/1)	1/6/17	1/9-2/1	8	\$50.00	\$100.00
January	T/TH	11/20 (12/1)	1/6/17	1/10-2/2	5	\$50.00	\$100.00
January	Sat	11/20 (12/1)	1/6/17	1/14-2/4	4	\$25.00	\$50.00
February	M/W	12/15 (1/1/17)	1/27/17	2/6-3/1	8	\$50.00	\$100.00
February	T/TH	12/15 (1/1/17)	1/27/17	2/7-3/2	8	\$50.00	\$100.00
February	Sat	12/15 (1/1/17)	1/28/17	2/11-3/4	4	\$25.00	\$50.00

DAY	TIME	LEVELS OFFERED
M/W	5:00-5:40PM	Pike, Eel, Guppy
M/W	5:45-6:25PM	Pike, Polliwog, Minnow
M/W	6:30-7:10PM	Polliwog, Eel, Ray
M/W	7:15-7:55PM	Guppy, Minnow, Adult Beginner
T/TH	5:00-5:40PM	Guppy, Minnow
T/TH	5:45-6:25PM	Pike, Ray
T/TH	6:30-7:10PM	Eel, Polliwog
T/TH	7:15-7:55pm	Adult TOW, Polliwog
T/TH	6:00-7:00PM	Junior Swim League
T/TH	7:00-8:00PM	Senior Swim League

DAY	TIME	LEVELS OFFERED
Sat	8:30-9:10AM	Pike, Eel, Ray
Sat	9:15-9:55AM	Parent/Child, Starfish, Adult Beginner
Sat	10:00-10:40AM	Polliwog, Guppy, Minnow
Sat	10:45-11:25AM	Pike, Polliwog, Fish/Flying Fish
Sat	11:30-12:10PM	Parent/Child, Eel, Adult Intermediate
Sat	12:30-1:30PM	Swim League

**SAFE SWIMMING
 SAVES LIVES!**

DESCRIPTIONS OF SWIMMING LEVELS

LEVELS FOR CHILDREN AGES 3-5	LEVELS FOR CHILDREN AGES 6-13
<p>PIKE (Beginner): Designed for the preschool beginner that has had no real experience in the water. Children participate without parent, and work on floating on front and back, kicking on front and back, bubbles, putting face in the water, basic paddle stroke, pool safety, boating safety, and water adjustment. Patient instructors work to create a positive experience for those little swimmers. There are no pre-requisites for enrollment, other than age</p>	<p>POLLIWOG (Beginner): designed for the school age beginner that has had no real water experience yet, or may be anxious about swimming. Emphasis is placed on water adjustment, kicking on front and back, basic, over-arm stroke, floating on front and back, basic backstroke, and pool safety. There are no prerequisites for enrollment, other than age requirement.</p>
<p>EEL (Advanced Beginner): for the advanced beginner – children that can already swim 3-5 feet on their own in any fashion, and can put their entire face in the water without fear. Participants work on proper stroke technique for freestyle, as well as front and back floating, front and back glide, intro to treading water, basic backstroke, and increasing endurance.</p>	<p>GUPPY (Advanced Beginner): for school-age, advanced beginner swimmer who can swim approximately 15 feet on their own, but need to work on their over-arm stroke technique. Rotary breathing will be introduced as well as more advanced technique for backstroke and elementary backstroke. Participants will work on floating on front and back, treading water, and water safety.</p>
<p>RAY (Intermediate): for the intermediate preschooler that can already swim 15 feet unassisted over-arm stroke with face in the water. Participants work on rotary breathing, backstroke development with proper technique, basic breaststroke, and elementary backstroke. Continued work on treading water, deep water swimming, floating, endurance, and pool safety.</p>	<p>MINNOW (Intermediate): for the intermediate, school-aged swimmer. Swimmers will focus on technique and learn basic butterfly. Continued work on elementary backstroke, breaststroke, safety, and treading water. Prerequisites: swimmer must be able to swim 25 yards (1 length of the pool) freestyle and/or backstroke.</p>
<p>STARFISH (Advanced): for advanced preschoolers, and designed as a swim team preparatory class. Students must be able to swim 15 yards freestyle and 10 yards basic backstroke. Participants work on technique for all strokes, and are introduced to butterfly. Additional work on endurance, basic flip turns, pool safety, deep water swimming, diving, treading water, and boating safety. Starfish takes place in the indoor lap pool.</p>	<p>FISH (Advanced): for children that can already swim 50 yards of freestyle and backstroke. Breast-stroke will be improved as well as dolphin kick. Also work on increasing endurance and work toward a 150 yard continuous swim. Continued work on elementary backstroke, safety, treading water, deep water swimming, and diving and diving safety.</p> <p>FLYING FISH (Advanced): for children that can swim 100 yards freestyle, 50 yards of backstroke, and breaststroke, and can demonstrate 25 yards of dolphin kick. Students will focus on technique for freestyle, backstroke, breaststroke, and butterfly. Also work on increasing endurance with a goal of 150 yards continuous freestyle and 100 yard I.M. Continued work on elementary back stroke, safety, treading water, deep water swimming, and diving.</p> <p>(These levels will be combined and taught as one class)</p>
<p>PARENT/CHILD: for 6-36 months with parent in the water- designed so that children are ready to learn to swim. We focus on basic swimming skills with parent accompaniment. Skills include paddle stroke, floating, basic treading water, basic safety tips, voluntary submersions. You'll work with the instructor to transition to individual preschool classes.</p> <p>ADULT INTERMEDIATE: for the adult who can swim at least 50 feet on their own, but would like to work on stroke technique. Class will focus on the basics of freestyle, backstroke and breaststroke. Ideal for those who would like to work towards a lap swimming exercise regimen. Ages 14 and above.</p>	<p>ADULT BEGINNER: for the adult who has no swim experience, but is not afraid of the water. This class will teach the basics of swim, how to float, and gives them comfort in the water. Ages 14 and above.</p> <p>ADULT TOW: for the adult beginner that is timid about swimming or who has never swam in deep water. Class is self-paced, and will work on basics such as floating, treading water, kicking, and basic paddle stroke. Instructors will help you work toward your own personal goals and will guide in areas in which you want to improve. Ages 14 and above.</p>