

YMCA SWIM LESSON SCHEDULE

5 WEEK SESSION FEB. 8 - MARCH 14, 2010

SESSION 5 REGISTRATION DATES

Members may register
Monday, Jan. 25
Non-members may register
Monday, Feb. 1

SESSION 5 SESSION DATES

Session 5 Start Date:
Monday, Feb. 8
Session 5 End Date:
Sunday, March 14

SKIP (6-36 months)

Wed 11:00-11:30am
Saturday 9:30-10:00am
Saturday 10:15-10:45am
Sunday 4:45-5:15pm

SKIP Plus (18-36 months)

Wed 11:40-12:10pm
Saturday 11:00-11:30am

Pike (3-5 years)

Mon/Wed 3:30-4:00pm
Mon/Wed 4:30-5:00pm
Tues/Thur 3:30-4:00pm
Friday 3:30-4:00pm
Saturday 9:00-9:30am
Saturday 9:45-10:15am
Saturday 10:30-11:00am
Saturday 11:30-12:00pm
Sunday 4:00-4:30pm
Sunday 4:45-5:15pm
Sunday 5:30-6:00pm

Eels (3-5 years)

Mon/Wed 3:30-4:00pm
Mon/Wed 4:30-5:00pm
Tues/Thur 3:30-4:00pm
Tues/Thur 4:30-5:00pm
Friday 4:30-5:00pm
Saturday 9:00-9:30am
Saturday 9:45-10:15am
Saturday 10:30-11:00am
Saturday 11:30-12:00pm
Sunday 4:00-4:30pm
Sunday 4:45-5:15pm
Sunday 5:30-6:00pm

Rays (3-5 years)

Tues/Thur 4:30-5:00pm
Saturday 11:30-12:00pm
Sunday 4:00-4:30pm
Sunday 5:15-5:45pm

Starfish (3-5 years)

Mon/Wed 3:30-4:00pm
Tues/Thur 4:30-5:00pm
Friday 4:30-5:00pm
Saturday 9:00-9:30am



Poliwog (6+ years)

Mon/Wed 4:15-5:00pm
Tues/Thur 3:30-4:15pm
Saturday 11:15-12:00pm
Sunday 5:00-5:45pm

Guppy (6+ years)

Mon/Wed 4:15-5:00pm
Saturday 9:00-9:45am
Saturday 10:00-10:45am
Saturday 10:45-11:30am
Sunday 4:00-4:45pm
Sunday 4:45-5:30pm

Minnow (6+ years)

Mon/Wed 3:30-4:15pm
Tues/Thur 3:30-4:15pm
Tues/Thur 4:15-5:00pm
Friday 4:15-5:00pm
Saturday 9:45-10:30am
Saturday 10:30-11:15am
Sunday 4:00-4:45pm
Sunday 5:00-5:45pm

Fish (6+ years)

Mon/Wed 3:30-4:15pm
Tues/Thur 4:15-5:00pm
Friday 3:30-4:15pm
Saturday 9:00-9:45am
Saturday 10:45-11:30am
Sunday 5:00-5:45pm

Flying Fish/Shark (6+ years)

Mon/Wed 4:15-5:00pm
Tues/Thur 3:30-4:15pm
Friday 3:30-4:15pm
Saturday 10:00-10:45am
Saturday 11:15-12:00pm
Sunday 4:00-4:45pm
Sunday 6:00-6:45pm

Beginner Adult (13+ years)

Wednesday 7:30-8:15pm
Sunday 6:00-6:45pm

Intermediate/Advanced Adult (13+ years)

Sunday 6:00-6:45pm



Member Rates Per Session:

Once per week \$15
Twice per week \$30

Non-Member Rates Per Session:

Once per week \$35
Twice per week \$70

YMCA of Ithaca and Tompkins County
Graham Road West Ithaca, NY 14850
(607) 257-0101 Fax: (607) 257-5828
www.ithacaymca.com

We build strong kids, strong families, strong communities.



YMCA NATIONAL "SKIPPER" PROGRAM

SKIP (6-36 months)

The purpose of this classes is to acquaint the child with the water environment and to guide parents in working with their child in the pool. SKIP classes are for babies and toddlers 6-36 months old. A parent **must** accompany their child in the water.

SKIP Plus (18-36 months)

The purpose of this class is to provide an outlet for toddlers who need a more advanced version of the SKIP class. This class will include fewer songs and more focus on swimming skills. Previous SKIP experience is recommended and children should be comfortable submerging their head. A parent **must** accompany their child in the water.

P.E.R.S. (Pike, Eel, Ray, Starfish) (3-5 years)

This program is especially designed for children 3-5 years. The levels are progressive, and children are registered according to skills, not age. Parents **are not** in the water with their child. These classes are taught in both the large and small pools. See below for each class description.

Placement Guide

Pike - For those with no previous swimming experience.

Eel - Must have completed the Pike level or be comfortable and able to submerge head in large pool. Must be able to comfortably swim with just a bubble, and 5 feet without any floatation or assistance.

Ray - Must have completed the Eel level or be able to swim on both front and back from the edge to the backstroke flags (15 feet) without floatation or assistance. Must be able to float 20 seconds without floatation or assistance. Must be able to jump into the water in the large pool and return to the side without assistance.

Starfish - Must have completed the Ray level or be able to swim on front and back for half the length of the pool. Must be comfortable jumping from the diving blocks. Must be able to change from front crawl to back float and vice-versa. Must be able to swim underwater and touch the bottom of the shallow end with their hand.

What do I do if the class I want is full? Your name and phone number can be placed on a waiting list. The Aquatics Director makes a concerted effort to open up more spots in classes, given adequate instructors and pool space.

When am I allowed to sign up for next session? Members may register up to two weeks before session begins; non-member program participants may register up to one week before session begins.

YMCA NATIONAL PROGRESSIVE PROGRAM

YMCA Progressive Aquatics is for children **6 - 12 years old**. Instruction includes various swim skills, stroke instruction, survival and lifesaving skills, and safety awareness. These classes are taught primarily in the large pool.

Placement Guide

Polliwog - For those with no previous swimming experience.

Guppy - Must have completed the Polliwog level or be able to swim on front and back half the length of the pool. Must be comfortable jumping in the pool without assistance and be able to swim short distances under water.

Minnow - Must have completed the Guppy level or be able to swim on front and back the length of the pool without floatation or assistance. Must be able to float for 30 seconds unassisted and perform a kneeling dive.

Fish - Must be able to swim the length of the pool using rudimentary breaststroke, back crawl, and front crawl with rotary breathing. Must be able to perform a standing dive from the deck.

Flying Fish / Shark - Must be able to swim 50 yards (twice the length of the pool) without stopping while using all the following strokes: front crawl with rotary breathing, breaststroke, back crawl, elementary backstroke, and sidestroke. Must also be able to swim the length of the pool using the butterfly stroke.

Adult Lessons

Adult Beginner - A class for beginning and non-swimmers. Participants will learn the basics of floating and rudimentary stroke development.

Adult Intermediate - For those who know how to swim, but are looking to improve their stroke. The major strokes are taught, including front crawl, backstroke, breaststroke, butterfly, sidestroke, and elementary backstroke.

Adult Advanced - For lap swimmers who already know breaststroke, front crawl and backstroke. The focus will be on increasing efficiency and speed by improving stroke mechanics.

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