

YMCA Summer Swim 2008

Ages	Swim Level	Level Description	Times (classes are 30 min. long)	Days (two wk. sessions)
6 mos. - 3 yrs. old	PARENT CHILD	Designed for our brand new swimmers that are anxious to get in the water. The parent must be in the water with their child at all times. The child is taught to be comfortable in the water, how to kick and move their arms, how to blow bubbles and how to take breaths before going under water.	9:30 am 10:10 am 10:50 am	Mon. - Fri.
3 - 5 yrs. old	PIKE	Designed for our beginners that are comfortable swimming off the step to the instructor, even if they need to struggle a little to get there. They will learn the free-style stroke and how to dive for toys while strengthening their abilities.	9:30 am 10:10 am	Mon. - Fri.
5 - 7 yrs. old	EEL	Designed for our advanced beginners. Students will learn the freestyle and backstroke as well as how to float on their backs and stomachs. They will also learn how to perform a sitting dive in the deep end, swim to the instructor, and tread water on their own in the deep end. We will also develop side breathing while performing a clean freestyle stroke.	9:30 am 10:10 am	Mon. - Fri.
7 - 9 yrs. old	RAY	Designed for our intermediate swimmers. In this class we will cover the same elements as in the Eel class, along with mastering breast stroke and butterfly.	9:30 am 10:10 am	Mon. - Fri.
	GUPPY	Designed for our advanced younger swimmers. These swimmers must know how to perform a standing dive and begin to master all four of their strokes. Focus is on developing CONFIDENT swimmers!	10:50 am 11:30 am	Mon. - Fri.
9 - 11 yrs. old	MINNOW	Students race their strokes confidently, racing for time and perfecting strokes.	10:50 am 11:30 pm	Mon. - Fri.
11 - 15 yrs. old	FISH	Designed for our most advanced swimmers. In this class, most swimmers are already in competitive groups and have mastered all of their strokes. They understand flip turns and racing dives and are very confident in the water.	10:50 am 11:30 am	Mon. - Fri.