

# STRONG SWIMMERS CONFIDENT KIDS



ST. JOSEPH FAMILY YMCA

## SWIM LESSONS

Group lessons must have a minimum of 3 students for a class to run.

There are no make up for missed classes



**Session Dates: October 16– December 2, 2017**

### Parent Child Lessons (Ages 6-36 months)

DAY	TIME	FEES*
TUESDAY	6:00 - 6:30 PM	\$25 Y Member    \$45 Community Participant
SATURDAY	9:00 - 9:30 AM	\$25 Y Member    \$45 Community Participant

\*Class fee includes parent and child.

### Preschool Lessons (Ages 3-5 years)

LEVELS	DAY	TIME	FEES*
PIKE/EEL	THURSDAY	5:00 - 5:30 PM	\$35 Y Member    \$55 Community Participant
PIKE/EEL	SATURDAY	9:00-9:30 AM	\$35 Y Member    \$55 Community Participant
RAY/STAR	THURSDAY	5:30-6:00 PM	\$35 Y Member    \$55 Community Participant

### Youth Lessons (Ages 6-18 years)

LEVELS	DAY	TIME	FEES*
POLLIWOG/GUPPY	THURSDAY	6:00—6:45 PM	\$35 Y Member    \$55 Community Participant
POLLIWOG/GUPPY	SATURDAY	9:30-10:15-AM	\$35 Y Member    \$55 Community Participant
MINNOW/FISH	SATURDAY	10:15-11:00 AM	\$35 Y Member    \$55 Community Participant
LITTLE MASTERS I & II	TUESDAY & THURSDAY	5:00 - 5:30 (I) 5:00 - 5:45 (II)	\$39 Y Member    \$51 Community Participant

### Adult Swim Lessons (18+)

DAY	TIME	FEES*
MONDAY	6:00-6:45 PM	\$30 Y Member    \$50 Community Participant
TUESDAY	8:15-9:30 AM	\$30 Y Member    \$50 Community Participant

Most lessons are 7 weeks long and will meet 1 time a week. Bring a swimsuit, towel and goggles (without a nose mask) to each lesson. Disposable diapers are not allowed in the pool. Young children must wear a swim diaper and a swimsuit.



**CONFIDENCE  
WITH  
EVERY  
STROKE**

## SWIM LESSONS DESCRIPTIONS

### PARENT-CHILD CLASSES

Parents must accompany the child in the water. Classes are designed to maintain a safe and enjoyable one-to-one relationship between parent and child, as well as allowing children to become more comfortable in and around the water.

### PRESCHOOL CLASSES

**Pike** - Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, pool, and boating safety. Children will learn to move independently in the water on front, back and side using flotation devices.

**Eel** - For children who are comfortable in the water and able to swim five meters with faces in the water using flotation devices. Children are taught to float, kick, dive and perform progressive arm movements across the pool. Water and boating safety are also covered.

**Ray/Starfish** - For children who can swim 15 meters with faces in the water and with limited flotation. Reviews and improves stroke skills on front, back and side. Builds endurance, teaches treading water and progressive diving skills. Water and boating safety are included in the class.

### YOUTH CLASSES

**Polliwog** - Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking. Flotation devices are used as tools to help the child learn.

**Guppy** - For children able to swim 20 feet without flotation. Teaches swimming on front, back and side. Children will learn front crawl with rhythmic breathing and back crawl. Will begin rotary breathing and increase endurance on back and side strokes.

**Minnow** - For children able to swim 25 meters on front and back without a flotation device. Teaches front crawl with rotary breathing, back stroke, side stroke, beginning breast stroke and diving.

**Fish** - For children able to swim 25 meters front crawl with rotary breathing, back crawl, and side stroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes.

### Private Swim Lessons (All ages)

DAY	TIME	FEES*
VARIOUS	45 min lessons	\$18 Y Member \$26 Community Participant

### Semi Private Swim Lessons (All ages)

DAY	TIME	FEES*
VARIOUS (For groups of 2 or 3)	45 min lessons	\$15 Y Member \$25 Community Participant



## ASK ABOUT REGISTRATION DATES

**ST. JOSEPH FAMILY YMCA**  
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