

BUILDING CONFIDENCE WITH EVERY STROKE

Private Swim Lessons

We are happy to offer one-on-one swim lessons for ages preschool to seniors looking for personal attention, a modified class and more flexibility.

30-minute lessons
\$22 Y-members/\$32 Community

Inquire at the front desk or down in aquatics for more information.



Registration Dates!

Sessions:

September 17-30

Registration begins August 1

October 1-30

Registration begins August 1

November 1-29

Registration Y-member = Oct. 12, Community Oct. 15

* No classes Nov. 21-22

December 1-20

Registration Y-member = Nov. 16, Community Nov. 19

Tuition

- Tuition will be collected at time of registration or scheduled to draw on the 1st for future months.
 - A \$5 non-refundable deposit is required for each session.
 - Notice of cancellation must be received no later than two working days prior to the class start date to receive a refund.
 - Tuition is based on 8 classes per month and may be pro-rated.
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- Please meet your instructor on deck just inside the main pool entrance at starting time.
 - A Family Changing Room (near the spa) and changing stalls on deck are available for parents with opposite sex children over age four.

ASHLAND FAMILY YMCA

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www.ashlandymca.org
aquatics@ashlandymca.org

Revised 8/1/18

SWIM LESSONS



**HAVE FUN
GET HEALTHY**



ASHLAND FAMILY YMCA

SWIM LESSONS

We offer great classes from Parent/Tot to Pre-School to Advanced Swim Technique Development. We focus on water safety, skill development and fun. If you're unsure about your child's level, stop by the pool and ask to set up a free placement test.

M W or T TH

30-minute lessons

Monthly Sessions

\$35 Y-members/\$50 Community

Parent Tot ages 6-36 months

This is an introduction to the aquatic environment for parents and their infants and toddlers. Parents are encouraged to develop appropriate expectations for their children's performance in the water. They learn basic aquatic safety and water skills and have fun playing with toys and floatation devices. Drop-in available.

Pike ages 3-5

Water adjustment and safe pool behavior are the main emphasis at this beginning level. Blowing bubbles, kicking, and floating on the back are all introduced through games and a variety of fun activities. Max class size: 4 students

Eel ages 3-5

This class builds on the basic swimming skills learned in the Pike class. Learning to float, kick, and swim on the front and back without any assistance are the main goals of the Eel class. Prerequisite: Independently swim 5-10 feet. Max class size: 5 students

Ray ages 3-5

At this level, children continue to practice swimming freestyle and are introduced to backstroke and breaststroke kick. Students are exposed to the deep water and begin learning to tread water and diving positions. Prerequisite: Swim independently 3-5 yards. Max class size: 5 students

Starfish ages 3-5

Advanced level for this age group. Students will refine technique on freestyle and backstroke and increase endurance. Side breathing is emphasized. Breaststroke and butterfly are introduced. Diving is introduced. Pre-requisite: Swim freestyle and backstroke 10-15 yards. Max class size: 5 students

Polliwog ages 6-11

Beginner level for swimmers who are not comfortable in the water. At this level, students will learn to kick, blow bubbles, float/swim on back, and the fundamentals of freestyle. Prerequisite: None. Max class size: 6 students

Guppy ages 6-11

Beginner to intermediate level. Swimmers will continue to develop freestyle and backstroke. Introduction to treading water and dives with more exposure to the deep end. Prerequisite: Swim freestyle 15 yards. Max class size: 8 students

New! 45-minute lessons

Monthly Sessions

\$50 Y-members/\$65 Community

Minnow ages 6-11

Intermediate level. Swimmers will improve on endurance and technique in freestyle and backstroke. They will be introduced to breaststroke kick, flip-turns, diving skills and side breathing. Prerequisite: Swim freestyle 25 yards. Max class size: 8 students

Fish ages 6-11

Intermediate to advanced level. A variety of drills designed to help build endurance and work on technique for all of the strokes. An introduction to butterfly kick and bilateral breathing. Prerequisite: Swim freestyle with side breathing and backstroke 25 yards each. Knowledge of breaststroke kick. Max class size: 8 students

Shark ages 6-11

Advanced level. Continue building endurance & technique on all strokes. Swim individual medley 100 yards. Prepare for Youth Advanced Swim class. Safety preparation for swimming at rivers and lakes. Prerequisite: Swim 100 yards of freestyle, demonstrate proficiency in back and breaststroke.

Youth Advanced Class ages 8+

This advanced class works on increasing distance and endurance. The students learn racing starts and turns and work on a variety of advanced swimming skills. A good preparation for swim team. Prerequisite: Completion of the Shark class or instructor approval.

SCHEDULE

We offer great classes from Parent/Tot to Pre-School to Advanced Swim Technique Development. We focus on water safety, skill development and fun.

30-45 minute lessons twice a week
monthly sessions

Monday/Wednesday

Pike	3:30p			5:00p
Eel			4:30p	
Ray		4:00p		
Starfish		4:00p	4:30p	
Polliwog	3:30p	4:00p		
Guppy	3:30p		4:30p	
Minnow				5:00p
Fish				5:00p
Shark				5:00p

Tuesday/Thursday

Parent Tot	10:30a			
Pike		4:00p	4:30p	
Eel	3:30p			5:00p
Ray	3:30p			
Starfish		4:00p		
Polliwog	3:30p		4:30p	
Guppy		4:00p	4:30p	
Minnow				5:00p
Youth Adv				5:00p