

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## Fall and Winter Saturday Swim Lessons 2010

1:00pm Pike  
Polliwog  
1:30pm Ray/Starfish  
Guppy  
2:00pm Parent/Child  
Eel  
2:30pm Pike  
Minnow



**Don't miss out  
on swim lessons  
that work  
around your  
schedule!**

Session One	August 7, 14, 21, 28
Session Two	September 11, 18, 25 (Family Members: \$22.50, Activity Members: \$45.00)
Session Three	October 2, 9, 16, 23
Session Four	October 30, November 6, 13, 20
Session Five	December 4, 11, 18 (Family Members: \$22.50, Activity Members: \$45.00)

**If these dates don't work for you, Private Lessons are also available!**

ROCKWALL FAMILY YMCA ★ 1210 N. GOLIAD ★ ROCKWALL, TX 75087 ★ 972-772-9622 WWW.ROCKWALLYMCA.ORG  
FINANCIAL ASSISTANCE IS AVAILABLE, PLEASE ASK FOR DETAILS.

YMCA MISSION: TO PUT CHRISTIAN VALUES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND, AND BODY FOR ALL.

# Y SWIM LESSONS™

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## YMCA Swim Lesson Skill Levels

### Parent/Child (6-36 months)

(30 minute lesson)

These classes focus on safe water exploration with songs, games, and basic water skills. The parent accompanies the child in the water. This class is designed solely as an introduction to the aquatic environment.

### Preschool (3-5 years)

#### Pike (30 minute lesson)

This class is designed for beginners. Children have the opportunity to adjust to the water and develop independent movement through the water.

#### Eel (30 minute lesson)

This class is designed for children who are comfortable putting their faces in the water and who can swim horizontally 5 feet unassisted. Children are taught to float, kick, dive and perform progressive arm movements across the pool on front and back.

#### Ray/Starfish (30 minute lesson)

A class for children who can swim horizontally across the pool 15-20 feet on their front and back with their face in the water. This level works on building endurance, rotary breathing, and teaches treading water.

### Youth (6 years & up)

#### Polliwog (30 minute lesson)

This is a beginner level class for those uncomfortable with the water. This class teaches basic water skills including gliding with face in the water, floating, and kicking. Breath control is also an emphasized component.

#### Guppy (30 minute lesson)

A child that can swim 15-20 feet horizontal and unassisted with their face in the water can enter this level. This class teaches swimming on front, back, side, and emphasizes rhythmic breathing.

#### Minnow (40 minute lesson)

A child must be able to swim 25 yards on their front and back to enter this level. This level will enhance the previous skills as well as teach breaststroke and introduce butterfly.

### Youth Conditioning (6 years & up)

(40 minute lesson)

For swimmers that would like help in preparing for the swim team. Must be able to swim laps.

Cost for  
Group Lessons:      \$30 Family Members  
                                 \$60 Activity Members

**Make up lessons will be held on the Friday immediately following the lesson missed.**