

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Fall/Winter Classes 2010

Mondays and Wednesdays

10:00am Pike
10:30am Ray/Starfish

5:00 pm Parent/Child
Pike
5:30pm Pike
Polliwog
6:00pm Eel
Guppy
6:30pm Pike
Youth Conditioning



Tuesdays and Thursdays

10:00 am Eel
10:30am Parent/Child

5:00pm Pike
Polliwog
5:30pm Eel
Ray/Starfish
6:00pm Pike
Polliwog
6:30pm Guppy
Minnow

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

Session One	Monday/Wednesday: August 30– September 22 (No classes 9/6: make up on 9/10)	Tuesday/Thursday: August 31– September 23
Session Two	Monday/ Wednesday: September 27– October 20	Tuesday/ Thursday: September 28– October 21
Session Three	Monday/ Wednesday: October 25– November 17	Tuesday/Thursday: October 26– November 18
Session Four	Monday/Wednesday: November 29– December 15 (Family Members: \$30, Activity Members: \$60)	Tuesday/Thursday: November 30– December 16 (Family Members: \$30, Activity Members: \$60)

Rockwall County YMCA * 1210 N. Goliad, Rockwall, TX 75087 * 972-772-9622 * www.rockwallymca.org

Financial Assistance is available please ask for details.

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind and body for all.

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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:

\$40 Family Members
\$80 Activity Members

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