

# SALINAS COMMUNITY YMCA

## AQUATICS - WINTER 2017



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WHY THE Y?** Whether it is gaining self confidence from learning to swim or building positive relationships that lead to good sportsmanship and teamwork, participating in programs at the Y is about building the whole child from the inside out.

### SWIM LESSON SESSIONS

Lessons are held in four week sessions with two half-hour classes per week. Saturday lessons are also available.

### CURRENT SESSION SCHEDULE:

#### JANUARY SESSION:

Mon & Wed: January 9 - February 1  
Tue & Thu: January 10 - February 2  
Saturdays: January 14 - March 4

Registration opens Nov 22, 2016

#### FEBRUARY SESSION:

Mon & Wed: February 6 - March 1  
Tue & Thu: February 7 - March 2

Registration opens Jan 26, 2017

### SWIM LESSON TIMES

#### WEEKDAYS:

#### AGES 3 - 5



9:25AM	T/TH	EEL
10:00AM	T/TH	PIKE
3:25PM	M/W	PIKE
3:25PM	T/TH	EEL
4:00PM	M/W	RAY
4:35PM	M/W	PIKE
4:35PM	M/W	EEL
4:35PM	T/TH	RAY
4:35PM	T/TH	STARFISH*
5:10PM	T/TH	PIKE
5:45PM	M/W	POLLIWOG



#### AGES 6 - 14

3:25PM	T/TH	MINNOW*
4:00PM	M/W	POLLIWOG
4:00PM	T/TH	POLLIWOG
4:00PM	T/TH	POLLIWOG+*
5:10PM	T/TH	POLLIWOG+*
5:10PM	M/W	GUPPY*
5:45PM	M/W	POLLIWOG
5:45PM	M/W	POLLIWOG+*
5:45PM	T/TH	GUPPY*
5:45PM	T/TH	MINNOW*
6:20PM	T/TH	FISH*
6:20PM	T/TH	FLYING FISH*
6:20PM	M/W	SHARK*



### SWIM LESSON TIMES (cont.)

#### SATURDAY: AGES 3 - 5



9:45am	Starfish*
10:20am	Pike
10:55am	Eel
10:55am	Ray



<b>AGES 6 - 14</b>	
9:10am	Minnow*
9:10am	Guppy*
9:45am	Polliwog+*
11:30am	Polliwog

### Skippers 6 - 36 months with Adult

The primary objective of this class is to get both the adult and child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides the learning of aquatics skills. Swim diapers are required.

<b>WEEKDAYS:</b>	10:35AM	T/TH
	5:10pm	M/W

<b>SATURDAY:</b>	10:20am
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### Adult Ages 15 and up

Beginner - This Class is for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-Swimmers are taught basic swimming skills.

<b>WEEKDAYS:</b>	6:20pm	M/W
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<b>SATURDAY:</b>	11:30am
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### SWIM LESSON RATES

#### 4 Week Session (weekdays)

\$35 / Facility Member  
\$68 / Program Members

#### 8 Week Session (Saturdays)

\$35 / Facility Member  
\$68 / Program Members



**Financial assistance is available.**

\*Class is held in outdoor pool.

Class times and availability subject to change without notice.

Classes with fewer than 3 children enrolled may be combined or rescheduled. If a class is cancelled, a credit will be issued.

Credits for dropping a class will be given only if a doctor's note is provided during the registered session.

# WHAT LEVEL IS BEST FOR YOUR CHILD?



FOR YOUTH DEVELOPMENT®  
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## Child/Adult 6 Months to 3 Years

### SKIPPERS

The primary objective of this class is to get both the adult and child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides the learning of aquatics skills. **Swim diapers are required.**

## Preschool Ages 3 to 5 Years

### PIKE

This beginning level is designed for new swimmers, teaching basic paddle stroke and kicking skills. Pool safety, proper use of a PFD (personal flotation device) and blowing bubbles while submerged is taught.

### EEL

This intermediate level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float and perform progressive paddle strokes.

### RAY

At this level children review previous skills, improve strokes, build endurance by swimming on their front and back and learn to tread water.

### STARFISH

In this advanced level, children continue to review previous skills and refine their strokes. Held in outdoor pool.

## Adults Ages 15 and Up

### BEGINNER

This class is for adults who don't feel at ease in the water or who have never participated in swim lessons. Non swimmers are taught basic swimming skills, and also learn how to tread water in the deep end.

## Youth Ages 6 to 14 Years

### POLLIWOG

This is the beginning level for school age children. Children become acquainted with the pool and the use of swim equipment.

### POLLIWOG +

This is a transition level for children who have completed Polliwog and need to master basic skills before moving on to the next level. Children are acquainted with the outdoor pool and the use of flotation devices.

### GUPPY

Children continue to practice and build upon basic skills without the use of a flotation device. They are introduced to lead up strokes to the front and back crawl stroke, side stroke, breaststroke and elementary backstroke.

### MINNOW

This intermediate level has children further refine the lead up strokes. Their skills are becoming more like those normally used in swimming. Participants also learn how to tread water in the deep end.

### FISH

Children work to perform front crawl "free style," backstroke, breaststroke, and are introduced to butterfly and kick turns.

### FLYING FISH/SHARK

In this advanced level, children work on refining their strokes and increasing their endurance.

