

Johnstown YMCA YOUTH SWIM LESSONS

- Please note what level of class is being taught and what level would be best for your child at the beginning of the sessions.
- We suggest you sign-up early! A minimum of 3 is required to run the class.
- We ask parents to please stay in the lobby or hall bleacher area during lessons; our instructors are trained and certified. Trust us to guide your child into the aquatic environment by teaching safety, swimming skills and fun.
- All lessons are for 1 class per week. You may sign up for and pay for more than 1 class per week.
- If you have any questions, please contact, Sharon Giles, Aquatic Director.

Session 1: 7 wks.-January 11 to February 27	Session 3: 8 wks.-April 26 to June 19
Session 2: 8 wks.-March 1 to April 24	▽ Classes with this symbol during Session 3 will only be 7 Weeks.

LEVEL 1 - PARENT/CHILD SWIM LESSONS - Ages 6 months to 3 years

This level of our developmental program is designed for children with parent participation. A water adjustment class that provides the child and parent with an opportunity to share common experiences, socialize and interact with each other, through songs, games and awareness. This class encourages children to explore their aquatic environment and their water skills with parents help; and encourages them to begin propelling through the water. This class begins the transition to the Preschool Program.

TIME:	Tuesday	6:30-7:00 pm	*Please note that any child not yet potty trained <u>MUST WEAR A SWIM DIAPER.</u>
	Thursday	6:30-7:00 pm	
	Saturday	10:30-11:00 am	

PIKE WITH PARENT – Ages 3 to 5 years

This is our Beginner Level 1 Swim Lesson program for preschoolers.

PARENTS ARE REQUIRED TO ACCOMPANY THEIR PRESCHOOL CHILD IN THE WATER.

A leader will guide parents through the skills included in the Pike Level as you work one on one with your child. This will enable your child to work individually at their own rate and gain confidence under your supervision while at the same time allowing them maximum water time. Skills include blowing bubbles, underwater reach & pull, back float, front & back flutter kick, jump in and water games.

TIME:	Tuesdays	7:00-7:30 pm	Class size is limited to 6
	Thursdays	7:00-7:30 pm	
	Saturday	11:00-11:30 am	

LEVEL 2 - PRESCHOOL SWIM LESSONS – Ages 3 to 5 years

This level in our developmental swimming program acquaints the new student gradually with the enjoyment of swimming skills. Skippers is a progressive program that starts with the basics and advances as the individual skills are acquired.

PIKES	Beginner 1	Blow bubbles, flutter kick, kick paddle, jump in/climb out, resting float
EELS	Beginner 2	Kick, paddle & blow bubbles, prone glide, floats, glide with kick, finning
RAYS	Intermediate	Rhythmic breathing, bobbing, floats glides with kick, rotary breathing, front crawl, tread water
STARFISH	Advanced	Rotary breathing, front crawl, elementary backstroke, deep water bobbing, survival float

TIME:	Monday▽	6:30-7:15 pm	All Levels	Wednesday	6:30-7:15 pm	All Levels
	Tuesday	10:30-11:15 am	Pikes & Eels	Thursday	6:30-7:15 pm	All Levels
	Tuesday	6:30-7:15 pm	All Levels	Saturday	9:00-9:45 am	All Levels
	Wednesday	12:45-1:30 pm	All Levels			

LEVEL 3 - YOUTH SWIM LESSONS – Ages 6 to 12 years

This level in our instructional swimming program is designed to introduce the beginner to basic skills necessary for swimming and to advance them gradually through the skill levels until they can perform the different strokes and techniques of an accomplished swimmer.

POLLIWOG	Beginner 1	Floats, glides with kick paddle, stroke, rotary breathing
GUPPY	Beginner 2	Paddle stroke, front crawl, back culling, survival float, tread water, rotary breathing
MINNOW	Intermediate 1	Front crawl, back crawl, sitting dive, survival float, tread water
FISH	Intermediate 2	Front crawl, back crawl, elementary backstroke, underwater swim, breaststroke, dolphin kick, tread water, survival float
FLYING FISH	Advanced 1	Passed Fish or can swim 2 lengths, front crawl, 2 lengths back crawl, 1 length breast stroke kick and 1 length dolphin kick
SHARK	Advanced 2	Passed Flying Fish or can swim a 200 I.M. (2 lengths butterfly, back stroke, breast stroke, and freestyle)

TIME:	Monday▽	7:15-8:00 pm	All Levels	Thursday	7:15-8:00 pm	All Levels
	Tuesday	7:15-8:00 pm	All Levels	Saturday	9:45-10:30 am	All Levels
	Wednesday	7:15-8:00 pm	All Levels			

ADULT / TEEN SWIM LESSONS

Swimming is one of the healthiest forms of exercise. This class is for ages 13 through adult. You're never too old to learn or to improve your skills.

TIMES: Thursdays 8:00-8:45 pm

PRIVATE / SEMI-PRIVATE SWIM LESSONS

We offer one-half-hour private swim lessons by appointment for any age. Limited times available. Call today.