

# 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  
\$23 Y-members/\$33Community

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



## Registration Dates!

### Sessions:

#### September 3-30

Registration Y-member = Aug. 5, Community Aug. 8

#### October 1-30 \* No class October 31

Registration Y-member = Sep. 13 Community Sep.16

#### November 2-26 \* No class November 27-30

Registration Y-member = Oct. 18, Community Oct. 21

#### December 2- 21 \* No class Dec 23-Jan 4

Registration Y-member = Nov. 15, Community Nov. 18

Current participants may use their Golden Ticket to register for the next session one day early.

## 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.
- 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

541.482.9622

[www.ashlandymca.org](http://www.ashlandymca.org)  
[aquatics@ashlandymca.org](mailto:aquatics@ashlandymca.org)

Revised 8/13/19

# SWIM LESSONS

LESSONS BEGIN SEPT 3rd



## 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

\$37 Y-members/\$52 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

## 45-minute lessons

Monthly Sessions

\$51 Y-members/\$66 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.

**\*This class is 1 hr, T/Th/F 3x/week, 5:00p-6:00p  
\$85 Y-members/\$105 Community**

# 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         | 11:30a | 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 |

|          |        |        |  |
|----------|--------|--------|--|
| Pike     | 11:00a | 11:30a | <b>Saturday only, 30 minute lessons.</b> |
| Eel      | 11:00a |        |  |
| Ray      |        | 11:30a |  |
| Polliwog | 12:00p |        |  |
| Guppy    | 12:00p |        |  |