



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SWIM LESSONS

|                | Mon/Wed     | Tuesday                            | Thursday                         | Saturday      |
|----------------|-------------|------------------------------------|----------------------------------|---------------|
| Shrimp Dip     |             | 9:30-10:00am                       |                                  | 8:25-8:55am   |
| Pre-Tadpoles   | 4:35-5:05pm | 10:05-10:35am<br>or<br>4:00-4:30pm |                                  | 9:45-10:15am  |
| Tadpoles       | 4:35-5:05pm | 10:05-10:35am                      | 4:00-4:30pm                      | 10:20-10:50am |
| Pike           | 4-4:30pm    | 4:35-5:05pm<br>or<br>5:45-6:15pm   | 5:10-5:40pm<br>or<br>5:45-6:15pm | 10:20-10:50am |
| Eel            | 4-4:30pm    | 5:10-5:40pm                        | 4:35-5:05pm                      | 9:45-10:15am  |
| Ray            | 4:35-5:05pm | 6:20-6:50pm                        |                                  |               |
| Polliwog       | 5:10-5:50pm | 5:20-6:00pm                        | 4:35-5:15pm                      | 9-9:40am      |
| Guppy          | 5:10-5:50pm | 4:35-5:15pm                        | 5:20-6:00pm                      | 9-9:40am      |
| Minnow         |             |                                    | 6:05-6:45pm                      | 9-9:40am      |
| Fish           |             | 6:05-6:45pm                        |                                  | 9-9:40am      |
| Comp. Skills   |             |                                    |                                  | 10:55-11:35am |
| Adapted        |             |                                    |                                  | 10:20-10:50am |
| Adult Beginner | 5:55-6:25pm |                                    |                                  |               |

## WINTER I

### Session 1A:

January 6 - February 22  
Early Registration: Dec 9 - Jan 2  
Late Registration: Jan 3 - 5

#### Class Dates and Fees:

1x a week: Tu/Th/Sat: Jan 7 - Feb 22  
**M: \$35 CP: \$60**  
2x a week: Mo/We: Jan 6 - Jan 23  
**M: \$32 CP: \$57**

### Session 1B:

January 27 - February 19  
Early Registration: Dec 30 - Jan 23  
Late Registration: Jan 24 - Jan 26

#### Class Dates and Fees:

2x a week: Mon/Wed  
**M: \$38 CP: \$63**

## WINTER 2

### Session 2A:

February 24 - April 25  
Early Registration: Jan 27 - Feb 20  
Late Registration: Feb 21 - 23

#### Class Dates:

1x a week: Tu/Th/Sat: February 25 - April 25  
2x a week: Mo/We: February 24 - March 21

**\*Spring Break March 22 - 28: NO LESSONS**

### Session 2B:

March 30 - April 22  
Early Registration: March 2 - 26  
Late Registration: March 27 - 29

#### Class Dates:

2x a week: Mon/Wed

**Class Fees: M: \$38 CP: \$63**

**\*Members can register for BOTH sessions at any time!**

**OUR POOLS ARE READY. ARE YOU?**  
It's never too late to learn to swim.

We also offer private swim lessons to all ages. Want more information?  
Please see the welcome desk or visit us at [www.ymcajanessville.org](http://www.ymcajanessville.org).

For more information contact Celeste Furman at 608.754.9622 ext. 104 or [cfurman@ymcajanessville.org](mailto:cfurman@ymcajanessville.org).

**Winter I & II: Swim Lesson Registration Form—One Form Per Person**  
Register by mail, in person or fax credit card information to 608-754-9024 attention Celeste.

Student's Name: \_\_\_\_\_ M / F Age: \_\_\_\_\_ Birth Date \_\_\_\_\_

Contact's Name: \_\_\_\_\_ Contact Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_  Member  Non-Member

Winter Session I: 1A  Winter Session I: 1B  Winter Session II: 2A  Winter Session II: 2B

Class Name \_\_\_\_\_ Day/Time \_\_\_\_\_

# SWIM LESSON CLASS DESCRIPTIONS

## Parent/Tot Classes (ages 6 months - 3 years)

**Shrimp Dip:** We are children ages 6 months to 3 years of age wanting to have fun, exercise, and learn water adjustment. We are with our parent and enjoying that bonding experience. We will have a positive learning experience while being introduced to basic aquatics safety.

## Preschool Classes (ages 3 - 5)

Children are encouraged to progress at their own pace.  
**\*\*\*Parents are asked to please not get in the water for preschool classes.\*\*\***

**Pre-Tadpoles:** I am a true beginner for my age group ages 2 to 3. I will learn water adjustment, blow bubbles, experience floating, and getting my face wet and learn to interact with others in my age group. Maximum of 4 students.

**Tadpole:** I am a beginner as well but my age group is between 3 to 5 years old. I will also learn water adjustment, blow bubbles, experience floating, and get my face wet. In addition, I will learn to interact with others. Maximum of 4 students.

**Pike:** I am a swimmer comfortable with getting my face wet and floating with assistance. I am ready to swim a little on my own with or without assistance. Maximum of 6 students.

**Eel:** I am an intermediate swimmer. I can swim and float on my front and back on my own. I will practice my breathing techniques, coordination, and build my confidence throughout with encouragement from my swim instructors. Maximum of 6 students.

**Ray:** I am an advanced preschool swimmer. I can swim across the pool without help. I will practice treading water, stroke technique and rotary breathing. Maximum of 6 students.

## School Age Swim Lessons (ages 6 - 12)

**Polliwog:** I am a beginner swimmer and do not know how to swim on my own. I will learn water adjustment, floating, safety skills and introduction to back and front crawl. Maximum of 6 students.

**Guppy:** I am an advanced beginner. I can already float on my front and back and swim a few yards of front crawl. I will learn rotary breathing, back crawl, and build my confidence. Maximum of 6 students.

**Minnow:** I am an intermediate swimmer. I can swim the front crawl the width of the pool with rotary breathing. I will be introduced to the breaststroke, practice water safety skills, and improve my endurance. Maximum of 6 students.

**Fish:** I am an advanced swimmer and can swim at least 6 lengths of the pool during a swim lesson. I will learn turns for the front and back crawl and work on my breaststroke and be introduced to the butterfly. Maximum of 6 students.

**Competitive Skills:** I am an advanced swimmer. I can swim 50 yards of both freestyle and backstroke. I will continue to improve my breaststroke and continue to excel in stroke technique, and do my best to increase my endurance.

## Adult Lessons

I am an adult beginner looking to hone in on my skills.

**Adaptive Aquatics:** For children who have developmental and physical challenges that need to be placed in a smaller teacher to student ratio. This class is designed to an introduction to aquatic skills that meet the needs of the individual disability. This is also for the parent who wishes not to mainstream their child in group lessons. Maximum 2 students.

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## SWIM LESSON FAQ'S

- Goggles are welcome as long as they only cover the child's eyes.
- Swim shoes are not allowed during lessons.
- Any child not toilet trained must wear a swim diaper.
- Parents are welcome to watch pre-school and school age lessons from the deck.
- Swimsuit shirts are discouraged because they create extra drag in the water.
- We reserve the right to combine levels if needed.
- If only one child signs up for a lesson level, they may be placed in a combined class or the lesson will be reduced by 10 minutes rather than canceling the program. Sometimes class cancellations can occur.
- When going under water, children are discouraged from plugging their nose.
- Children must listen and follow their instructors directions. In extreme situations, failure to do so may result in a time-out with no make-up for the time missed.
- If a lesson is cancelled due to severe weather conditions, the make-up class will be on a Friday at the same time, at the discretion of the Aquatics Director.

