

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Crescenta-Cañada Family YMCA

January - April 2010 Group Swim Schedule

Sessions ★				Sign-up Dates			
M/W Sessions				M/W Sessions			
Session 1	Jan.	4	- Jan. 27	Session 1	Dec.	28	- Jan. 9
Session 2	Feb.	1	- Feb. 24	Session 2	Jan.	25	- Feb. 5
Session 3	March	1	- March 31	Session 3	Feb.	22	- March 13
T/TH Sessions				T/TH Sessions			
Session 1	Jan.	5	- Jan. 28	Session 1	Dec.	28	- Jan. 9
Session 2	Feb.	2	- Feb. 25	Session 2	Jan.	25	- Feb. 5
Session 3	March	2	- March 30	Session 3	Feb.	22	- March 13
SAT Sessions				SAT Sessions			
Session 1	Jan.	2	- Feb. 27	Session 1	Dec.	28	- Jan. 9
Session 2	March	6	- April 24	Session 2	Feb.	22	- March 13

Fees:

Facility Members: \$ 53.00
 Program Members: \$ 98.00

Contact Information:

Kimberly Yañez Heather Wilson
 CCY Aquatics Supervisor CCY Aquatics Director
 818.790.0123 ext 264 818.790.0123 ext 223

★ Credit will be given for sick children only with a doctor's note.

Private Swim Lessons

Designed as a complete course or to enhance group swim lessons. Private and semi-private swim lessons are available during recreational swim times. Classes are for ages 2 and older.

Sign-up Dates

January Lessons December 19
 February Lessons January 16
 March Lessons February 20

Private Lessons

Facility Members \$ 27.00 per 1/2 hour
 Program Members \$ 35.00 per 1/2 hour

Semi-Private Lessons (2 students per lesson)

2 Facility Members \$ 40.00 per 1/2 hour
 or
 2 Community Members \$ 45.00 per 1/2 hour

Registration Information

Appointments are made at the YMCA front desk. Payment for lesson is due at the time of registration. To cancel a lesson and receive a credit, you must notify the YMCA 48 hours in advance by contacting the Membership Service Desk.

Note: Instructors are subject to change without notice.

Contact Information

Kim Roberts
 Private Lesson Coordinator
 (818) 790-0123 ext. 234



11.30.10



Crescenta-Cañada Family YMCA
 1930 Foothill Blvd.
 La Cañada Flintridge, CA 91011
 (818) 790-0123
www.ymcafoothills.org

Group Swim Lesson Schedule by Skill Level

Youth
6 - 12 years

Parent/Child

6 - 36 months

Swim diaper or tight rubber pants required. Changing table available in youth locker rooms



Shrimp

6 mos. - 2 1/2 years
(Shrimp/Kippers/Inia)

M/W 10:10 - 10:40 am
T/TH 5:45 - 6:15 pm
SAT 9:35 - 10:05 am



Perch

2 1/2 - 3 1/2 years

T/TH 10:10 - 10:40 am
SAT 10:10 - 10:40 am

Preschool

3 - 5 years old/Four skill levels



Pike

(non-swimmer)

M/W 9:00 - 9:30 am
M/W 2:55 - 3:25 pm
M/W 5:45 - 6:15 pm
M/W 6:20 - 6:50 pm
T/TH 9:00 - 9:30 am
T/TH 2:55 - 3:25 pm
T/TH 5:45 - 6:15 pm
SAT 9:00 - 9:30 am
SAT 9:35 - 10:05 am
SAT 10:10 - 10:40 am
SAT 10:45 - 11:15 am



Eel

(Advanced Beginner)

Entry skill: prone float 3 seconds, blow bubbles, flutter kick 10 ft. with kickboard, swim unaided for 5 ft.

M/W 9:35 - 10:05 pm
M/W 2:55 - 3:25 pm
M/W 5:45 - 6:15 pm
T/TH 2:55 - 3:25 pm
T/TH 6:20 - 6:50 pm
SAT 9:00 - 9:30 am
SAT 10:10 - 10:40 am
SAT 10:45 - 11:15 am



Ray

(Intermediate)

Entry skill: prone float 6 sec. alone, swim paddle stroke 15 ft., back float 6 seconds, jump/turn around, swim back to wall.

M/W 2:55 - 3:25 pm
M/W 6:20 - 6:50 pm
T/TH 9:35 - 10:05 am
SAT 9:00 - 9:30 am
SAT 9:35 - 10:05 am



Starfish

(Advanced)

Entry skill: back float 10 seconds, swim arms and kick 20 ft. with breathing in water over 6 ft. in depth, kick and finning on back 6 ft., jump into deep water and swim 10 ft.

T/TH 9:35 - 10:05 am
T/TH 2:55 - 3:25 pm
T/TH 6:20 - 6:50 pm
SAT 9:00 - 9:30 am
SAT 10:45 - 11:15 am



Polliwog

(non-swimmer)

M/W 3:30 - 4:15 pm
M/W 6:55 - 7:40 pm
SAT 9:00 - 9:45 am



Guppy

(Advanced Beginner)

Entry skill: water adjustment, floating back and front, front glide, front/backflutter kick, paddle stroke, rhythmic breathing.

M/W 3:30 - 4:15 pm
M/W 6:55 - 7:40 pm
T/TH 3:30 - 4:15 pm
T/TH 6:55 - 7:40 pm
SAT 9:00 - 9:45 am
SAT 10:40 - 11:25 am



Minnow

(Intermediate)

Entry skill: floating, somersaults/front/back, treading, back crawl 25 yds., diving, wet ball throw.

M/W 3:30 - 4:15 pm
M/W 7:45 - 8:30 pm
T/TH 6:55 - 7:40 pm
SAT 9:00 - 9:45 am
SAT 9:50 - 10:35 am



Fish

(Intermediate Advanced)

Entry skill: survival floating, front crawl 25 yds., back crawl 25 yds., diving, breast stroke, side stroke, synchro skills.

M/W 3:30 - 4:15 pm
M/W 7:45 - 8:30 pm
T/TH 3:30 - 4:15 pm
SAT 10:40 - 11:25 am



Flying Fish

(Advanced)

Entry skill: survival floating, treading water, masks and fins, elementary back stroke 50 yds., front crawl 50 yds., back crawl 50 yds., butterfly 15 yds., side stroke.

T/TH 3:30 - 4:15 pm
T/TH 7:45 - 8:30 pm
SAT 9:50 - 10:35 am



Shark

(Advanced II)

Entry skill: kip, crawl stroke 100 yds., butterfly stroke 100 yds., breaststroke 100 yds., individual medley 200 yds., diving, snorkels.

T/TH 3:30 - 4:15 pm
T/TH 7:45 - 8:30 pm
SAT 10:40 - 11:25 am



Porpoise

(Advanced III)

Entry skill: polo skills, front start, Breast stroke start and turn, front flip turn, back open turn, back crawl, lifesaving medley.

T/TH 7:45 - 8:30 pm

Pre-Competition

M/W 3:30 - 4:15 pm
T/TH 3:30 - 4:15 pm
SAT 9:50 - 10:35 am

Adult

T/TH 8:30 - 9:15 pm
(Intermediate & Advanced)
SAT 8:15 - 9:00 am
(Beginner & Intermediate)