

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Verdugo Hills Family YMCA

Summer Group Swim Schedule

Sessions ★					Sign-up Dates						
M/W Sessions					M/W Sessions						
Session 1	July	5	-	July	28	Session 1	June	28	-	July	10
Session 2	Aug.	2	-	Aug.	30	Session 2	July	26	-	Aug.	6
T/TH Sessions					T/TH Sessions						
Session 1	July	6	-	July	29	Session 1	June	28	-	July	10
Session 2	Aug.	3	-	Aug.	31	Session 2	July	26	-	Aug.	6
SAT Sessions					SAT Sessions						
Session 1	July	10	-	Aug.	28	Session 1	June	28	-	July	10

Fees:

Facility Members: \$ 40.00
 Program Members: \$ 85.00

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

Contact Information:

Suzanne McMillien
 CCY Aquatics Director
 818.352.3255 ext 328
suzannem@ymcafoothills.org

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

July Lessons June 19
 August Lessons July 17
 September Lessons August 21

Private Lessons

Facility Members \$ 25.00 per 1/2 hour
 Program Members \$ 30.00 per 1/2 hour

Semi-Private Lessons (2 students per lesson)

2 Facility Members \$ 35.00 per 1/2 hour
or
 2 Program Members \$ 40.00 per 1/2 hour
 1 Facility & 1 Program Members

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



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)

T/TH	9:00 - 9:30 am
T/TH	5:00 - 5:30 pm
SAT	9:00 - 9:30 am
SAT	9:30 - 10:00 am



Perch

2 1/2 - 3 1/2 years

T/TH	9:00 - 9:30 am
T/TH	5:00 - 5:30 pm
SAT	9:00 - 9:30 am
SAT	9:30 - 10:00 am

Preschool

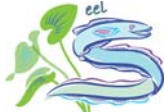
3 - 5 years old/Four skill levels



Pike

(non-swimmer)

M/W	9:00 - 9:30 am
M/W	5:00 - 5:30 pm
M/W	5:30 - 6:00 pm
M/W	6:00 - 6:30 pm
T/TH	9:00 - 9:30 am
T/TH	5:00 - 5:30 pm
T/TH	5:30 - 6:00 pm
SAT	9:00 - 9:30 am
SAT	9:30 - 10:00 am
SAT	10:00 - 10:30 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	9:00 - 9:30 am
M/W	5:00 - 5:30 pm
M/W	6:00 - 6:30 pm
T/TH	9:00 - 9:30 am
T/TH	5:00 - 5:30 pm
T/TH	5:30 - 6:00 pm
T/TH	6:00 - 6:30 pm
SAT	9:00 - 9:30 am
SAT	9:30 - 10:00 am
SAT	10:00 - 10:30 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	5:30 - 6:00 pm
T/TH	6:00 - 6:30 pm
SAT	10:00 - 10:30 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	6:00 - 6:30 pm
SAT	10:00 - 10:30 am



Polliwog
(non-swimmer)

M/W	9:30 - 10:15 am
M/W	6:00 - 6:45 pm
SAT	9:00 - 9:45 am



Guppy

(Advanced Beginner)

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

M/W	6:00 - 6:45 pm
M/W	6:45 - 7:30 pm
T/TH	9:30 - 10:15 am
T/TH	6:00 - 6:45 pm
SAT	9:00 - 9:45 am
SAT	9:45 - 10:30 am



Minnow

(Intermediate)

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

M/W	6:00 - 6:45 pm
M/W	6:45 - 7:30 pm
T/TH	9:30 - 10:15 am
T/TH	6:00 - 6:45 pm
T/TH	6:45 - 7:30 pm
SAT	9:00 - 9:45 am



Fish

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

M/W	9:30 - 10:15 am
M/W	6:45 - 7:30 pm
T/TH	6:00 - 6:45 pm
SAT	9:45 - 10:30 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.

M/W	9:30 - 10:15 am
M/W	6:45 - 7:30 pm
T/TH	6:00 - 6:45 pm
SAT	9:45 - 10:30 am



Shark

(Advanced)

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

T/TH	6:45 - 7:30 pm
SAT	9:45 - 10:30 am



Porpoise

Entry skill: polo skills, front start, breaststroke start and turn, front flip turn, back open turn, back crawl, life-saving medley.

T/TH	6:45 - 7:30 pm
SAT	9:45 - 10:30 am

Pre-Competition

T/TH	6:15 - 7:00 pm
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Adult

T/TH	7:00 - 7:45 pm
SAT	8:15 - 9:00 am

Try something new this summer and take one of our week day morning classes!