

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## Verdugo Hills Family YMCA January - March 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: \$ 40.00  
Program Members: \$ 85.00

### Contact Information:

Suzanne McMillien  
VHY Aquatics Director  
(818) 352-3255 ext. 328

★ 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



12.17.09



Verdugo Hills Family YMCA  
6840 Foothill Blvd.  
Tujunga, CA 91042  
(818) 352-3255  
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)

SAT 9:00 - 9:30 am  
SAT 9:30 - 10:00 am



**Perch**

2 1/2 - 3 1/2 years

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

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



**Polliwog**

(non-swimmer)

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 6:00 - 6:45 pm  
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  
T/TH 6:00 - 6:45 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 6:45 - 7:30 pm  
SAT 9:00 - 9:45 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 6:45 - 7:30 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 pm



**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

### Adult

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