



Lakota Family YMCA Swim Lesson Program

Session Dates		Registration Dates Begin
Winter I (6 Weeks)	January 5th– February 15th	Member: December 27th Non Member: December 29th
Winter II (6 Weeks)	February 20th– March 31st	Member: February 14th Non Member: February 16th

Swim Lessons Progression System

AquaBabies– Water acclimation and survival skills. Child must be 6 to 36 months old. Parents will be in the water!

3 years and older:

Shrimp– Students learn to put their face into the water and blowing bubbles, floating on their fronts, and floating on their backs. To advance, students must be able to do ten relaxed bobs with air exchange..

Pike– Students learn to glide on his/her front and back in streamline position. Swimmers will also be learning kicking skills for the front float and back float. To advance, students must push off the wall and glide on their front and back for 5 seconds in a streamline position.

Eel– Students are introduced to a rollover from a front glide. Swimmers will work on streamline kicking on front and back and beginning front crawl. To advance, students must streamline kick on front and back for 15 feet and front crawl with arms for 15 feet.

Starfish– Students begin side gliding and front crawl stroke. To advance, students must side glide 20 feet and front crawl without breathing 20 feet.

Polliwog- Students will work on Freestyle with rotary breathing and Backstroke. To advance, swimmers must front crawl with rotary breathing a minimum of 4 breathes, Backstroke 1/2 length of pool, 10 relaxed nose bubble bobs, and side glide kick 25 yards.

Guppy—Students will learn to swim Freestyle with rotary breathing 25 yards, treading water, swimming 25 yards Backstroke, and standing dives. To advance, swimmer must complete 1 minute of treading water, 25 yards Freestyle with rotary breathing, and 25 yards backstroke.

DEVELOPMENTAL STROKE PROGRAM (DSP)

DSP is a combined class of **Minnow, Fish, & Shark** for students who are ready to advance their swimming skills to all 4 swimming strokes, Butterfly, Backstroke, Breaststroke, & Freestyle. In this level the students must have already completed Guppy requirements.

Students will be working on Butterfly kick & swim for 25 yards, Breaststroke kick and swim for 25 yards, building endurance in Freestyle to swim 100 yards, and building endurance for Backstroke swimming 50 yards. The Students will also be learning basic survival skills such as, Elementary Backstroke, Side Stroke, & treading water for 2 minutes. Students signing up for this level must have passed Guppy or completed a swim evaluation.

After swimmers have completed the Lakota Family YMCA Swim Lessons Program, we recommend continuing your swimming with our Stingrays Swim Teams. For more information please contact our Aquatics Director.



If you have any questions or would like a FREE evaluation please contact Sara Matchison @ 513-779-3917 or sara.matchison@lakotaymca.com

Rules and Procedures

-Swimmers must line up behind their appropriate sign 5 minutes prior to class start.

-Goggles are highly recommended.

-We highly encourage parents to review with their children what has been taught to the swimmers **after** class.

-Membership to Lakota Family YMCA is required to use the facility. For Membership information please contact the Frontdesk.

-Opposite sex in the Men's and Women's locker rooms is strictly prohibited. Board of Health does not allow changing on deck or diaper changing on the pool deck. Please use the Family Locker Room.

-NO REFUNDS. If a swimmer needs to withdraw from a session, a credit will be issued up to the start of the current session. Any classes missed will not be refunded unless cancelled by the Lakota Family YMCA.

NEW
Classes are offered
1 time a week!

Lakota Family YMCA Winter 2012 Learn to Swim Class Schedule



Learn to Swim!

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
AquaBabies (6-36 Months) 30 min.	10:00-10:30	1:00-1:30			10-10:30
Shrimp 30 min.	10:30-11:00 5:30-6:00 6:00-6:30	1:30-2:00	1:00-1:30 5:30-6:00 6:00-6:30	9:00-9:30	10:30-11:00 11:00-11:30
Pike 30 min.	11:00-11:30 5:30-6:00 6:30-7:00	2:00-2:30	1:30-2:00 5:30-6:00 6:30-7:00	9:30-10:00	10:30-11:00 11:00-11:30
Eel 30 min.	11:00-11:30 6:00-6:30 6:30-7:00	1:00-1:30	1:00-1:30 6:00-6:30 6:30-7:00	9:00-9:30	10:30-11:00 11:30-12:00
Starfish 30 min.	10:30-11:00 6:30-7:00 7:00-7:30	1:30-2:00	1:30-2:00 6:30-7:00 7:00-7:30	9:30-10:00	11:00-11:30 11:30-12:00
Polliwog 30 min.	10:00-10:30 6:30-7:00 7:00-7:30	2:00-2:30	6:30-7:00 7:00-7:30		10:00-10:30 11:30-12:00
Guppy 30 min.	7:00-7:30		7:00-7:30		10:00-10:30
Developmental Stroke Program 60 min.	5:30-6:30		5:30-6:30		10:30-11:30
	Note: Swimmer must have an evaluation, passed Guppy Level, or have already been in DSP to Register				
Adult Group Beginner/ Advance 45 min.					9:00-9:45

Price List 6 Week Sessions

Class	Member	Non-Member
AquaBabies –Guppy (30 min.)	\$21	\$48
Developmental Stroke Program (60 min.)	\$42	\$96
Adult Saturday 6 classes (45 min)	\$32	\$72

Private Lessons Fees Members Only

Please fill out a registration form and leave at the Frontdesk.
Aquatic Directors will call you to schedule.

Packages	Private	Semi-private (max. 2 swimmers)
1 Lesson 30 min.	\$25	\$30
5 lessons 30 min.	\$110	\$135