



# Lakota Family YMCA Swim Lesson Program Fall 2017

\*updated 10/18/2017\*

Session Dates		Registration Dates Begin
FALL I (6 Weeks)	September 11th-October 23st	Member: August 29th Non Member: August 31st
FALL II (6 Weeks)	<b>NEW DATES</b> October 24th—December 9th **NO LESSONS 11/21–11/26**	Member: October 17th Non Member: October 19th

## Swim Lessons Progression System

**AquaBabies**– Water acclimation and fun! 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, practicing floating on their fronts and on their backs. To advance, students must be able to do five relaxed bobs with air exchange.

**Pike**– Students learn to glide on his/her front and back in streamline position. Swimmers will also be learning to 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, front crawl with arms for 15 feet, and rollover from their fronts to their backs.

**Starfish**– Students begin side gliding and front crawl stroke. To advance, students must side glide on both their right and left sides for 1/2 of the pool length and front crawl with side breathing 1/2 of the pool length.

**Polliwog**- Students will work on stroke Freestyle with rotary breathing and Backstroke. To advance, swimmers must front crawl with rotary breathing for 25 yards, swim Backstroke 25 yards, and side glide both right and left sides 25 yards and kick 25 yards.

**Guppy**–Students work on stroke technique for Freestyle and Backstroke, treading water, flip turns, and standing dives. To advance, swimmer must complete 50 yards Freestyle and 50 yards Backstroke with good stroke technique.

**Little Rays** is for students who are ready to advance their swimming skills to all 4 swimming strokes; Butterfly, Backstroke, Breaststroke, & Freestyle. This group will focus on building the swimmers strength and endurance in every stroke through drills, multiple lengths, and on deck coaching. This group gives the swimmer the feeling of being on a swim team and allows a child to build their confidence in swimming for an easy transition to a more competitive team such as the Lakota YMCA Stingrays!

If interested in swimming on the Lakota Stingrays Swim Team, please contact the aquatics department!

**If you have any questions or would like a FREE evaluation please contact Theresa Wessinger at [Theresa.wessinger@lakotaymca.com](mailto:Theresa.wessinger@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. There are no guarantee of a make-up. If needing a make-up please contact Theresa Wessinger by email for make-up information. Make-ups will only be available during the session you are registered.

## **Registration Policy**

Advanced registration with full payment is required for programs. The YMCA is a member driven organization. Members have earlier registration dates than non-members. Please check registration dates for you sign-up days. Registration begins at 8:00 am. **Online registration is your best way to get into a class each session.** Go to [www.lakotaymca.com](http://www.lakotaymca.com) to register and go to "Enroll in Programs" by category. If you do not have an account, contact the Welcome Center prior to the registration dates to receive an account. Walking in on registration day is your second best option. Calling in to be set up on registration day is not recommended, since this puts you in a call que and would prevent you from getting into a specific class or session.

**Classes are offered  
1 time a week!**  
You can take more than once a week,  
just sign up for each day you would like  
to take!

## Lakota Family YMCA FALL 2017 Learn to Swim Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>AquaBabies (6-36 Months)</b> 30 min.	10:00-10:30		1:00-1:30		10:00-10:30
<b>Shrimp</b> 30 min.	10:30-11:00	1:00-1:30	1:30-2:00	9:30-10:00	10:30-11:00 11:00-11:30
<b>Pike</b> 30 min.	11:00-11:30	1:30-2:00	2:00-2:30	10:00-10:30	10:30-11:00 11:00-11:30
<b>Eel</b> 30 min.	11:00-11:30	1:00-1:30	1:00-1:30	9:30-10:00	10:30-11:00 11:00-11:30
<b>Starfish</b> 30 min.	10:30-11:00	1:30-2:00	1:30-2:00	10:00-10:30	11:30-12:00 12:00-12:30
<b>Polliwog</b> 30 min.	10:00-10:30		2:00-2:30		11:30-12:00 12:00-12:30
<b>Guppy</b> 30 min.					11:30-12:00 12:00-12:30
<b>Little `Rays</b> 45 min.					9:45-10:30
<b>Adult Group</b> 45 min.					9:00-9:45

### Price List 6 Week Sessions

Class	Member	Non-Member
<b>AquaBabies –Guppy</b> (30 min.)	<b>\$48</b>	<b>\$72</b>
<b>Little `Rays</b> (45 min.)	<b>\$72</b>	<b>\$108</b>
<b>Adult Saturday</b> (45 min)	<b>\$72</b>	<b>\$108</b>

### Private Lessons Fees

**\*\*Members Only\*\***

Please email the Aquatics Director to  
schedule your private lessons.

**\*NEW FEE AMOUNT STARTING 9/12/16**

Packages	Private	Semi-private (max. 2 swimmers)
1 Lesson 30 min.	<b>\$35</b>	<b>\$40</b>
5 lessons 30 min.	<b>\$150</b>	<b>\$175</b>