



SWIMMING LESSON SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANDLER/GILBERT FAMILY YMCA • WINTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am		7:30-8:30am Shallow Water X		7:30-8:30am Shallow Water X	7:30-8:30am Shallow Water X	8:00-9:00am Shallow Water X
8:00am	8:00-9:00am Shallow Water X		8:00-9:00am Shallow Water X			9:00-9:30am Guppy
9:00am	9:00-10:00am Deep Water X	9:00-10:00am Deep Water X	9:00-10:00am Deep Water X	9:00-10:00am Deep Water X		9:30-10:00am Fish
10:00am						10:00-10:30am Pike, Starfish
3:00pm						10:30-11:00am Parent/Child
3:30pm						11:00-11:30am Eel
4:00pm	4:00-4:30pm Pike, Eel, Starfish	4:00-4:30pm Pike, Eel, Starfish	4:00-4:30pm Pike, Eel, Starfish	4:00-4:30pm Pike, Eel, Starfish		11:30am-12:00pm Starfish
4:30pm	4:30-5:00pm Eel, Starfish	4:30-5:00pm Eel, Starfish	4:30-5:00pm Eel, Starfish	4:30-5:00pm Eel, Starfish	SESSION DATES M/W or T/Th \$40 FM \$70 PM or Sat \$30FM \$50PM	
5:00pm	5:00-5:30pm Guppy, Fish	5:00-5:30pm Guppy, Fish	5:00-5:30pm Guppy, Fish	5:00-5:30pm Guppy, Fish		
5:30pm	5:30-6:00pm Guppy, Fish	5:30-6:00pm Guppy, Fish	5:30-6:00pm Guppy, Fish	5:30-6:00pm Guppy, Fish	January: Jan 2-Jan 28	February: Feb 6-Mar 3
6:00pm					March: Mar 5-Mar 31	April: Apr 2-Apr 28

Class Descriptions and age classifications

Pike (Ages 3-5): The Pike level is designed for new swimmers, teaching the basic paddle stroke, pool safety and comfort with holding the face in the water while blowing bubbles and swimming. The main emphasis at this level is to help the child develop safe pool behavior, adjust to the water and develop independent movement in the water. Ratio is 6:1

Eel (Ages 3-5): This is an intermediate level for the preschool swimmer who can swim on their front, back and side 10 yards with a floatation device and 5 feet without. Children are taught to float and perform the progressive paddle stroke. Children can swim across the pool 15 feet without assistance by the end of this level. Ratio is 6:1

Starfish (Ages 3-5): This is the advanced level for children who are capable of swimming 25 yards with a floatation device and 20 feet without. Emphasis is placed on endurance, front and backstroke, modified breaststroke and elementary backstroke. Children can swim 25 yards of the pool without floatation devices and perform rotary breathing efficiently. Ratio is 6:1

Guppy (Ages 6-12): This advanced beginner level is for children that can swim one length of the pool on their front, back and side for 25 yards with floatation devices and 20 feet without. Children will learn to swim 25 yards of the pool using front paddle with rotary breathing, back paddle, side paddle, elementary backstroke and introduction breast stroke without floatation devices by the end of this level. Ratio 6:1

Fish (Ages 6-12): This intermediate level is for children who can swim 25 yards of front and backstroke using proper techniques. They should also know basic form of elementary back, breast, and sidestroke while swimming several lengths of the pool. Emphasis is placed on refining elementary back, breast, and sidestroke. Butterfly is introduced at this level. Students should be able to perform 50 yards of elementary back, front, back, breast and sidestroke by the end of this level. Ratio 8:1

Swim Team Riptide PreComp 1 \$45FM/\$65PM M/W 4:30-5:30	Swim Team Riptide PreComp 2 \$45FM/\$65PM M/W 6:00-7:00 F 4:30-5:30	Private & Semi Private Swimming Lessons: Available by request for adults, children or even family lessons. 4 half hour sessions. \$75 FM/\$90 PM
--	--	---

Chandler-Gilbert Family YMCA 1655 West Frye Rd. Chandler AZ. 85224 Phone: 480-899-9622 Fax: 480-899-5883

For Youth Development, Healthy Living and Social Responsibility."

10/13/2011