

Private Lessons

Private and Semi-Private lessons are also offered at the Scottsdale / PV YMCA. Lessons are 30 minutes long.

Price (per person) is as follows:

Full Member:

\$35 Private / \$25 Semi-Private

Program Member:

\$45 Private / \$35 Semi-Private

Pool Policies

Inclement Weather

In the off chance we have inclement weather, please call ahead to find out the status of your class. If class is cancelled, a voucher will be given for use at a later date.

Observation

Parents are asked to wait in the lobby area of the Y during Preschool lessons. School aged parents may wait on the pool deck if they so choose but are asked not to disrupt the class and wait until after to speak with the instructor.

Class Levels

For correct aquatic swim level placement, we reserve the right to transition children up or down a swim level at any time during the session.

For more information about our swim lessons please email:

Angel Wilder
awilder@vosymca.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Keep in touch with your Y
via Facebook and Twitter



Scottsdale / Paradise Valley Family YMCA

Virginia G. Piper Branch

Ph: 480 951 9622

6869 E Shea Blvd, Scottsdale, AZ 85254

www.valleymca.org/scottsdaleparadise/

SWIM LESSON

Fall 2011



www.valleymca.org/scottsdaleparadise/

Parent/Child Program (6mths-3yrs)

The primary objective of the Parent/Tot program is to help children ages 6mths to 3yrs build comfort in the water. Each lesson is designed to allow the child to have fun in the water while the parent guides him or her to learn basic water movements. Parent must get in the water at this level.

Times:

Tue & Thurs 10:30-11am | Sat 9:30 - 10am

Preschool Age Program (3-5yrs)

This program offers children their first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming. They will also learn about pool safety, boating safety, and personal flotation devices.

Pike:

Beginner. No previous swimming experience or cannot float on front and back independently.

Eel:

Advanced Beginner. Can float on back, blow bubbles and kick with eyes in water & be independent of adult support.

Ray:

Intermediate. Can freestyle (front crawl) 15-20 feet, float, kick on back, turn front to back.

Starfish:

Advanced. Can backstroke & freestyle (breathing from front or side) 20-30 yards.

School Age Program (6-13yrs)

The program is comprised of six main components: water safety, stroke development, endurance, breathing technique, water sports, and games.

Polliwog:

Beginner. No previous swimming experience. Cannot float or tread water or cannot swim freestyle (front crawl) or backstroke more than a few feet.

Guppy:

Advanced Beginner. Can float and swim underwater; freestyle & backstroke.

Minnow:

Intermediate. Can freestyle and backstroke 25 yards.

Fish:

Advanced Intermediate. Freestyle and backstroke 50 yards, and breaststroke 25 yards. Needs development, but has basic coordination of all strokes.

Flying Fish:

Advanced. Can freestyle, breaststroke, and backstroke 50 yards, & butterfly 25 yards. Stroke development and endurance needed. Good precursor to swim team.

Adult Swim Lesson

All levels welcome. Lesson designed around the current class participants. Anything from learn-to-swim to stroke improvement is taught.

Schedule

Parent/Child

Tues & Thurs 10:30-11am
Saturday 9:30-10am

Pike & Eel

Mon-Thurs 3:45-4:15pm
Tues & Thurs 10-10:30am
Saturday 10-10:30am

Ray & Starfish

Mon-Thurs 3:45-4:15pm
Tues & Thurs 11-11:30am
Saturday 10:30-11am

Polliwog & Guppy

Mon-Thurs 4:15-5pm
Saturday 11-11:45am

Minnow & Fish

Mon-Thurs 5-5:45pm
Saturday Noon-12:45pm

Adult

Mon-Thurs 5:45-6:30pm
Saturday 9-9:45am

Swim Lesson Fees

Monday-Thursday Lessons

(2 week fee):

Pike-Eel-Ray-Starfish	\$35FM/\$55PM
Polliwog-Guppy-Minnow-Fish	\$45FM /\$65PM
Adult	\$45FM / \$65PM

Tuesday & Thursday AM Lessons

(Monthly Fee):

Parent/Child	\$25FM / \$35PM
(beginning September 2011)	
Pike-Eel-Ray-Starfish	\$35FM/\$55PM

Saturday Lessons (Monthly Fee):

Parent/Child	\$15FM/\$25PM
(beginning September)	
Pike-Eel-Ray-Starfish	\$25FM/\$45PM
Polliwog-Guppy-Minnow-Fish	\$25FM/\$45PM
Adult	\$25FM/\$45PM

*A \$20 late fee will be added beginning the first day of each lesson.