

SWIM LESSONS



PARENT / CHILD Water Enrichment Classes (6 -36 months)

Parent / Child Water Enrichment Classes at your YMCA are divided into four age specific levels, giving participants the opportunity to learn and grow at their own pace. Although all levels are held at the same time, participants will spend part of each class working in peer groups to maximize learning:

- Shrimp (6-8 months)
- Inia (13-18 months)
- Kippers (9-12 months)
- Perch (19-36 months)

WHAT SWIM LESSON CLASS SHOULD MY CHILD BE IN?

PRESCHOOL (ages 3-5)

Can your child front float with breath for 10 seconds and back float for 5 seconds?



PIKE

PROGRESSIVE LESSONS (ages 6-12)

Can your child jump in the water, float and return unassisted? Can your child front, side and back paddle for 20 feet?



POLLIWOG

Can your child front and back float with breath for 20 seconds and paddle on front, and back for 10 feet unassisted?



EEL

Can your child swim 50 yards of crawlstroke and backstroke unassisted?



GUPPY

Can your child jump in the water, float and return unassisted? Can your child front, side and back paddle for 20 feet?



RAY

Can your child swim 100 yards (4 lengths) of crawlstroke and backstroke unassisted?



MINNOW

Can your child jump in the deep end, paddle for 15 feet and return? Can your child front, side, and back paddle for 40 feet?



STARFISH

Can your child swim 150 yards (6 lengths) of crawlstroke, backstroke, sidestroke, breaststroke and elementary backstroke?



FISH

Swimmers successfully completing Starfish may participate in Guppy.

Swimmers in Minnow level or higher may participate in S.O.S.

S.O.S.

Strengthen Our Swimmers is a swimming program for 6-15 year olds who are currently participating in the Minnow level or higher, who may be interested in learning more about swimming. SOS is a great opportunity for participants to focus on, and refine the four competitive swimming strokes (crawl stroke, backstroke, breaststroke, and butterfly) along with starts, turns, dry-land training, and teamwork.

The purpose of the Wenatchee Valley YMCA Swim Lesson program is to develop competency in swimming, positive self-esteem, and an understanding of community. Each child will be introduced to elements of personal safety, personal growth, stroke development, water sports, and rescue techniques.

Swimming is the method to our goal: The development of strong kids in spirit, mind and body.

Youth Aquatic lessons cost \$35 for YMCA members; \$55 for non-members.

Wenatchee Pool

Parent / Child (6-36 mos.)

M, W 10:00 am - 10:30 am
T, Th 7:00 pm - 7:30 pm

Pike / Eel

M, W 10:30 am - 11:00 am
M, W 5:00 pm - 5:30 pm
T, Th 4:45 pm - 5:15 pm

Ray / Starfish

T, Th 5:15 pm - 5:45 pm

Polliwog

T, Th 7:30 pm - 8:00 pm

Guppy

T, Th 4:15 pm - 4:45 pm

EYAC

Parent / Child (6-36 mos.)

M, W 6:30 pm - 7:00 pm

Pike

M, W 6:30 pm - 7:00 pm
M, W 7:00 pm - 7:30 pm

Eel

M, W 7:00 pm - 7:30 pm

Ray/Starfish

M, W 7:00 pm - 7:30 pm

Polliwog

M, W 6:30 pm - 7:00 pm
M, W 7:30 pm - 8:00 pm

Guppy

M, W 7:30 pm - 8:00 pm

Minnow/Fish

M, W 7:30 pm - 8:00 pm

Teen Swimming Lessons (Ages 13-17)

M, W 7:30 pm - 8:00 pm

REGISTRATION BEGINS

At 6:00 AM at the Wenatchee Valley YMCA

Sessions and Registration Dates

Session	Session Dates	Household Reg.	Member Reg.	Non-member Reg.
W1	Jan. 3-Feb. 11	Dec. 28	Dec. 29	Dec. 30
W2	Feb. 14-Mar. 25	Feb. 8	Feb. 9	Feb. 10
SP	Apr. 11-May 20	Apr. 5	Apr. 6	Apr. 7

Private and Semi Private Youth Lessons

One on one or two on one instruction is available from YMCA certified instructors. Lessons are tailored to meet the individual needs of members. Sessions consist of six 30 minute lessons that must be completed within 60 days of registration. Instruction times may be scheduled with the Director of Aquatics. The cost for private lessons is \$120 per session and the cost for semi private lessons is \$180.00/session (\$90.00/participant). Ages 3-15 years.

S.O.S.

M, W 6:30 pm - 7:30 pm

YMCA Members: \$50

Non-Members: \$70