



STRONG SWIMMERS CONFIDENT KIDS

SUMMER SWIM LESSON SCHEDULE

Daytime and Weekend Lessons (Once a week for 5 weeks)

Class	Day	Time	Location	Member Rate	Non-Member Rate
Skippers Lessons: Ages 6 Months to 36 Months (30 min. class)					
Skippers	Monday	9:00 - 9:30 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$20	\$35
Skippers	Saturday	10:45 - 11:15 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$20	\$35
Preschool Lessons: Ages 3 Years to 5 Years (30 min. class)					
Pike	Monday	9:45 - 10:15 a.m.	Therapy Pool	Free	\$35
Pike	Monday	11:15 - 11:45 a.m.	Therapy Pool	Free	\$35
Pike	Wednesday	9:00 - 9:30 a.m.	Therapy Pool	Free	\$35
Pike	Wednesday	10:30 - 11:00 a.m.	Therapy Pool	Free	\$35
Pike	Saturday	10:00 - 10:30 a.m.	Therapy Pool	Free	\$35
Pike	Saturday	11:00 - 11:30 a.m.	Therapy Pool	Free	\$35
Eel	Monday	10:30 - 11:00 a.m.	Therapy Pool	\$20	\$35
Eel	Monday	12:00 - 12:30 p.m.	Therapy Pool	\$20	\$35
Eel	Wednesday	9:45 - 10:15 a.m.	Therapy Pool	\$20	\$35
Eel	Wednesday	11:15 - 11:45 a.m.	Therapy Pool	\$20	\$35
Eel	Saturday	9:15 - 9:45 a.m.	Therapy Pool	\$20	\$35
Eel	Saturday	12:00 - 12:30 p.m.	Therapy Pool	\$20	\$35
Ray/Starfish	Saturday	8:30 - 9:00 a.m.	Therapy Pool	\$20	\$35
Youth Lessons: Ages: 6 Years and up (45 min. class)					
Polliwog	Tuesday	11:00 - 11:45 a.m.	Lap Pool	\$30	\$45
Polliwog	Thursday	11:00 - 11:45 a.m.	Lap Pool	\$30	\$45
Polliwog	Saturday	9:00 - 9:45 a.m.	Lap Pool	\$30	\$45
Guppy	Tuesday	12:00 - 12:45 p.m.	Lap Pool	\$30	\$45
Guppy	Thursday	12:00 - 12:45 p.m.	Lap Pool	\$30	\$45
Guppy	Saturday	10:00 - 10:45 a.m.	Lap Pool	\$30	\$45
Minnow	Saturday	11:00 - 11:45 a.m.	Lap Pool	\$30	\$45

Week of July 20-Week of August 17
Registration Begins:
 • Members: July 11
 • Non-Members: July 15
 * **Make-up Class: Friday, August 14**

All group classes are limited to 5 students so we can maintain safe distancing at this time.
 *PLEASE NOTE: A make-up lesson for Preschool and Youth classes have been scheduled; Skippers make-up are offered during the regular schedule class times. Please register online at www.beavercountyyymca.org

Please register by logging onto www.beavercountyyymca.org

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Beaver County YMCA Class Descriptions

Skippers (6-36 months Parent/Child): This is an introduction to the aquatic environment for parents and their infants. The infants learn basic skills and have fun playing with toys and flotation devices with the help of their parent(s). Infants and parents are given the opportunity to enjoy the aquatic environment in a fun way while reviewing skills and safety tips. (Members 6-12 months are FREE.)

Pike (3-5 years Beginners): This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding the face in the water while blowing bubbles and swimming.

Eel (3-5 years Intermediate): This level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform the progressive paddle stroke. They also learn basic boating safety and use of PFDs. Children can swim across the pool without assistance by the end of this level.

Ray (3-5 years Intermediate/Advanced): At this level children review previous skills, improve stroke skills, learn more personal, safety, and rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

Starfish (3-5 years Advanced): Children at this level review previously learned skills and refine their strokes as well as their personal safety, rescue, and floating skills. They also learn underwater swimming skills. Children can swim a length of the pool on their front and back at the end of this level.

Polliwog (6 years and up Beginner) This is the beginner level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming and wetball (lead-up game to water polo) movements. Children can swim across the pool without assistance by the end of this level.

Guppy (6 years and up Beginner/Intermediate): The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught as well as some diving skills. Children can swim a length of the pool without assistance at the end of this level.

Minnow (6 years and up Intermediate): This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more synchronized swimming, wetball, diving skills, personal safety, boating, and rescue.



Youth and Adult Private Swimming Lessons

Ages: 3 and Up. Private swimming lessons provide everyone with the opportunity to improve their swimming skills and are an excellent way to receive the one-on-one attention you may need. Lessons are planned according to individual needs and schedules; the most common is (6) 30 minute classes held once a week. **Register at any time!**

Fee: Members \$90; Non-Members \$150



American Red Cross Lifeguard Certification Course

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Prerequisites:

- Minimum age of 15 years
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a times event within 1 minute, 40 seconds
- Must attend 100% of the classes:

Dates: July 24th, 25th and 26th

Time: 8:30 a.m.-3:30 p.m.

Fee: Members \$250; Non-Members \$275

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