



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

WINTER SWIM LESSON SCHEDULE

Once a Week for 8 Weeks

Class	Day	Time	Location	Member Rate	Non-Member Rate
Skippers Lessons: Ages 6 Months to 36 Months (30 min. class)					
Skippers	Monday	11:00 - 11:30 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$56
Skippers	Monday	6:15 - 6:45 p.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$56
Skippers	Saturday	10:20 - 10:50 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$56
Preschool Lessons: Ages 3 Years to 5 Years (30 min. class)					
Pike	Monday	10:20 - 10:50 a.m.	Therapy Pool	Free	\$56
Pike	Monday	5:00 - 5:30 p.m.	Therapy Pool	Free	\$56
Pike	Tuesday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$56
Pike	Wednesday	5:00 - 5:30 p.m.	Therapy Pool	Free	\$56
Pike	Thursday	10:30 - 11:00 a.m.	Therapy Pool	Free	\$56
Pike	Saturday	9:00 - 9:30 a.m.	Therapy Pool	Free	\$56
Pike	Saturday	11:00 - 11:30 a.m.	Therapy Pool	Free	\$56
Eel	Monday	9:45 - 10:15 a.m.	Therapy Pool	\$32	\$56
Eel	Monday	5:40 - 6:10 p.m.	Therapy Pool	\$32	\$56
Eel	Tuesday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$56
Eel	Wednesday	5:40 - 6:10 p.m.	Therapy Pool	\$32	\$56
Eel	Thursday	10:00 - 10:30 a.m.	Therapy Pool	\$32	\$56
Eel	Saturday	9:45 - 10:15 a.m.	Therapy Pool	\$32	\$56
Ray/Starfish	Tuesday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$56
Ray/Starfish	Wednesday	6:15 - 6:45 p.m.	Therapy Pool	\$32	\$56
Ray/Starfish	Saturday	10:20 - 10:50 a.m.	Lap Pool	\$32	\$56
Youth Lessons: Ages: 6 Years and up (45 min. class)					
Polliwog	Monday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Polliwog	Wednesday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Polliwog	Saturday	9:00 - 9:45 a.m.	Lap Pool	\$48	\$64
Guppy	Monday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Guppy	Tuesday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Wednesday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Saturday	9:50 - 10:35 a.m.	Lap Pool	\$48	\$64
Minnow	Tuesday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Minnow	Saturday	10:45 - 11:30 a.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark	Saturday	11:40 a.m. - 12:25 p.m.	Lap Pool	\$48	\$64
Adult Lesson: Ages: 18 Years - Beginner and Intermediate (45 min. class)					
Adult Swim Lessons	Saturday	8:00 - 8:45 a.m.	Lap Pool	\$48	\$64

WINTER I

Week of Jan. 4-
Week of Feb. 22

Registration Begins:

- **Members Online:**
Dec. 7
- **Members:**
Dec. 11
- **Non-Members:**
Dec. 14
- * **Make-up Class:**
Friday, Feb. 19

WINTER II

Week of Mar. 1-
Week of Apr. 19

Registration Begins:

- **Members Online:**
Feb. 1
- **Members:**
Feb. 5
- **Non-Members:**
Feb. 8
- * **Make-up Class:**
Friday, Apr. 16

All group classes are limited to 6 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.beavercountymca.org

Please register by logging onto www.beavercountymca.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 floatation 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 floatation 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 floatation 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.

Fish (6 years and up Advanced): At this point, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They continue learning additional synchronized swimming movements, wetball skills, and diving skills; they continue learning personal safety, boating, and rescue skills; and they are introduced to the use of a mask and fins.

Flying Fish (6 years and up Advanced): At this advanced level, students work on refining their strokes and increasing their endurance. They develop the ability to perform more complex combinations of synchronized swimming movements, learn to dive off a one-meter board, and develop better wetball playing skills. They also are introduced to the use of a snorkel, and they learn more about boating safety, personal safety, and rescue procedures.

Shark (6 years and up Advanced): The students at this level continue to improve their strokes, with starts and turns, and are introduced to the inverted breaststroke, the trudgen crawl, and the overarm sidestroke. Opportunities are provided for further work on synchronized swimming, wetball, and snorkeling, as well as personal safety, boating safety, and rescue skills.

Adult (18 years and up Beginner/Intermediate): A class for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers and intermediate swimmers are taught basic swimming skills to help them overcome their fear of the water.

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



Please register by logging onto www.beavercountyyymca.org

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