

# Charlotte Ave YMCA Summer 2010 SWIM LESSON SCHEDULE

Session:	Days Class Meets:	Registration Begins:	Registration Ends:	Cost:
1 June 5- 26	Saturday	May 10	June 3	\$25/Memb \$45/Non-Memb
2 June 7- 17	Mon- Thurs	May 10	June 4	\$40/Memb \$75/Non-Memb
3 June 21- July 1	Mon- Thurs	May 10	June 18	\$40/Memb \$75/Non-Memb
4 July 5- 15	Mon- Thurs	June 7	July 2	\$40/Memb \$75/Non-Memb
5 July 10-31	Saturday	June 7	July 8	\$25/Memb \$45/Non-Memb
6 July 19- 29	Mon- Thurs	June 7	July 16	\$40/Memb \$75/Non-Memb
7 Aug 2- 12	Mon- Thurs	July 5	July 30	\$40/Memb \$75/Non-Memb
8 Aug 7- 28	Saturday	July 5	Aug 5	\$25/Memb \$45/Non-Memb
9 Aug 16- 26 (PM classes only)	Mon- Thurs	July 5	Aug 13	\$40/Memb \$75/Non-Memb

Levels:	Monday-Thursday	Saturdays
<p><b>Parent-Child:</b> Ages 6 mths-3 yrs. A great way for you and your child to bond and play in the water while learning minimal swimming and safety skills. Parent and child are required to attend together!</p>	Outdoor Pool 10:30-11:00 Indoor Pool 5:45-6:15	Indoor Pool: 10:45-11:15am
<p><b>Aqua Tots:</b> Ages 2-3 yrs. Taught in a Preschool class atmosphere with the same skill objectives as Preschool classes, with the benefit of the student's parent being in the water with the child. Parent and child are required to attend together!</p>	Outdoor Pool 9:45-10:15 Indoor Pool 5:00-5:30	Indoor Pool: 10:00-10:30am
<p><b>Pike (Beginner):</b> Ages 3-5 yrs. An introduction to the basics of swimming on their front, and back. Focuses on how to blow bubbles, float on tummy and back, kick their legs, paddle with their arms, and includes personal safety.</p>	Outdoor Pool 9:00-9:30 9:45-10:15 10:30-11:00 Indoor Pool 4:15-4:45 5:00-5:30 5:45-6:15 6:30-7:00	Indoor Pool: 10:00-10:30am 10:45-11:15am 11:30-12:00pm
<p><b>Eel (Intermediate):</b> Ages 3-5yrs. Furthers the swimmer's ability to swim on their front, back and includes personal safety. They will learn freestyle, backstroke, and elementary backstroke. All children need to be able to swim on their own with little assistance.</p>	Outdoor Pool 9:00-9:30 9:45-10:15 10:30-11:00 Indoor Pool 4:15-4:45 5:00-5:30 5:45-6:15 6:30-7:00	Indoor Pool: 10:00-10:30am 10:45-11:15am 11:30-12:00pm
<p><b>Ray/Starfish (Advanced):</b> Ages 3-5yrs. Teaches freestyle with breathing to the side, backstroke, elementary backstroke, introduce breaststroke and sidestroke, treading water, and safety skills. Need to be able to swim on their own without assistance</p>	Outdoor Pool 9:00-9:30 9:45-10:15 10:30-11:00 Indoor Pool 4:15-4:45 5:00-5:30 5:45-6:15 6:30-7:00	Indoor Pool: 10:00-10:30am
<p><b>Polliwog (Beginner):</b> Ages 6-12yrs. An introduction to blowing bubbles and submersion, floating on tummy and back, paddling on front, back, and side with or without help. In this level your child will learn freestyle, backstroke and elementary backstroke.</p>	Outdoor Pool 9:00-9:45 10:00-10:45 Indoor Pool 4:15-5:00 5:15-6:00 6:15-7:00	Indoor Pool: 10:00-10:45am 11:00-11:45am
<p><b>Guppy (Intermediate):</b> Ages 6-12yrs. Designed to strengthen swimmer's ability in freestyle, backstroke, and elementary backstroke. They will learn to tread water, breath to the side, and will learn to swim side stroke and breast stroke. They must be able to swim without assistance.</p>	Outdoor Pool 9:00-9:45 10:00-10:45 Indoor Pool 4:15-5:00 5:15-6:00 6:15-7:00	Indoor Pool: 10:00-10:45am 11:00-11:45am
<p><b>Minnow/Fish (Advanced):</b> Ages 6-12yrs. Designed to perfect swimmer's technique in freestyle, backstroke, elementary backstroke, breaststroke, and learn butterfly. This class will be a stroke strengthening class, and they must be able to swim well.</p>	Outdoor Pool 9:00-9:45 10:00-10:45 Indoor Pool 4:15-5:00 5:15-6:00 6:15-7:00	Indoor Pool: 10:00-10:45am 11:00-11:45am
<p><b>Sharks Swim Club:</b> Ages 6-12yrs. Designed for those interested in swim team, but at a less competitive and intense atmosphere. There will be no swim meets, but lots of practice which includes technique drills, strengthening endurance, turns, and etc. Swimmers must be able to swim one length of freestyle and backstroke. Offered Aug-April. Cost: \$45/memb; \$65/non-memb.</p>	Indoor Pool: 6:15-7:00pm Mon/ Wed 5:00-5:45pm Tu/ Thur	
<p><b>Adult:</b> Ages 13-up Designed for older children and adults who have little or no experience in the water. All levels are welcome.</p>	Indoor pool: *6:00-7:00pm *Offered Mon and Wed, 4 wk sessions	Indoor Pool: 8:00-9:00am

**Private Lessons:**  
If interested in private lessons, please fill out a request form at the front desk!

All classes are subject to combining or cancellation if the minimum number of class participants is not met.