

## Monday /Wednesday -4 Weeks

Parent/Child: 5:00-5:30pm  
Preschool: 5:30-6:00 pm  
Youth: 6:15-7:00 pm

## Adult -4 Weeks

Monday-Advanced 6:30-7:30 pm  
Wednesday-Beginner 6:30-7:30 pm  
Saturday- Intermediate 10:00-11:00 am

## Tuesday/Thursday -4 Weeks

Parent/Child: 10:00-10:30 am  
Preschool: 10:30-11:00 am  
or 4:00 -4:30 pm  
Youth: 4:45-5:30 pm

## Saturday-8 Weeks

Parent/Child: 10:00-10:30 am  
Preschool: 10:30-11:00 am  
Youth: 11:15-12:00 pm

## Four Week Sessions

### **March 8-April 2**

Registration Deadline March 5

### **April 12-May14**

No classes offered week of April 3-10  
Spring Break

Registration Deadline April 9

### **May 17-June 11**

Registration Deadline May 14

## Saturday Sessions- 8 weeks

### **March 6- May 1**

Registration Deadline March 3

No class on April 3

**There is a \$20.00 fee for late registration.**

**Forget Something?**  
**Goggles, swim cap or even**  
**de-chlorinating body wash?**  
**Stop by the Aquatics Office!**

	<u>Member</u>	<u>Non Member</u>
Parent/Child	\$40	\$70
Preschool	\$40	\$70
Youth	\$50	\$80
Adult	\$50	\$80
Porpoise Club	\$65	\$95
Jr. Porpoise Club	\$55	\$85

There is a \$20 fee for late registration.

# ASHEVILLE YMCA

# Spring Swim Lessons



## March-April-May

**Dru Musgrove**  
**Aquatics Coordinator**  
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# YAQUATICS™

We build strong kids, strong families, strong communities.

# CLASS LEVEL DESCRIPTIONS

## Parent/Child 6-36 months

**SKIP:** This class is for children and their parents. The primary objective is for the parent and the child to become comfortable in the water together and to have fun. The child will become aware of the differences between movement through the water and on dry land, while the parent will learn how to teach his or her child to be safer in and around the water. The class will play games and sing songs to work on basic skills and movements in the water.

## Preschool 3-5 years old

**PIKE:** At this level children start experiencing independence in the water. This class helps children develop safe pool behavior. It also introduces basic paddle strokes and kicking, as well as getting comfortable with their face in the water.

**EEL:** This level reinforces Pike skills and is for children who are already comfortable in the water. They will work on flutter kick, floating and perform the progressive paddle stroke. Children can swim across the width of the pool without assistance by the end of this level.

**RAY:** This group reviews previous skills and works to improve strokes and build endurance. Participants will learn to tread water and perform progressive diving skills.

**STARFISH:** Swimmers at this level review and refine crawl and back strokes. They also learn underwater swimming skills.

## Jr. Porpoise Club 4 to 6 years old

A swim club for youth ages 4-6 who progress beyond swim lessons but are not yet ready for Swim Team.

Forget something?  
Goggles, swim cap, swim diaper?  
**We can help!**

## Youth 6-12 years old

**POLLWOG:** This is the beginning level for school-age children. Participants become acquainted with the water, work on independence and basic water skills.

**GUPPY:** This group will work on front and back paddle, sidestroke, breaststroke and elementary backstroke.

**MINNOW:** Swimmers refine the strokes they have learned in previous levels and increase endurance. They will also work on diving skills.

**FISH:** At this level, swimmers work on swimming "laps" of the previously learned strokes and are introduced to the butterfly stroke.

**FLYING FISH:** This group works on skills of competition: racing starts and flip turns as well as stroke techniques.

**SHARK:** This level refines skills learned in Flying Fish while emphasizing endurance.

## Porpoise Club 7 to 12 years old

A swim club for youth ages 7-14 who progress beyond swim lessons but are not yet ready for Swim Team.

**Monday, Wednesday, Friday 6-7 PM**

## Adult 13 years old and up

This class allows adults with varying skills and abilities to work with an instructor to fine tune skills or learn the basics. Sign up for Advanced, Beginner, or Intermediate skill levels.

**The YMCA supports our community and want to ensure that every child has the chance to learn valuable life skills- like learning to swim! No one will be turned away for their inability to pay.**

**Ask us about Financial Assistance!**

## Private Lessons

**Private lessons are packaged in sets of 4 half-hour lessons, (2 hours.)**

	<u>Member</u>	<u>Non-Member</u>
Private	\$70	\$100
Semi-private (2 or more participants)	\$50	\$80

## Helpful hint:

In the event of inclement weather we will work hard to notify you if lessons must be cancelled. Please make sure when you register that you check the phone number listed on your account to ensure that we can reach you.

## Have you ever thought about becoming a YMCA volunteer?

The YMCA offers many unique opportunities to serve the community. By becoming a Swim Instructor, a Child Watch Attendant or by even helping to raise funds for the Strong Kids Campaign, you can help make a difference in the community. See Jessica Stavish, Aquatics Director, for more details.

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