

### Monday and Wednesday afternoon lessons

Session 2 November 2 – December 16: 14 classes

Session 1 January 4 – February 17: 12 classes

**No class on Monday January 18 or February 15**

### Tuesday and Thursday afternoon lessons

Session 2 November 3 – December 19: 14 classes

Session 1 January 5 – February 18: 14 classes

Parent/Child	11.30-12.00		
Preschool (ages 3-5)	10.00-10.40	10.45-11.25	
	3:30-4:10	4:15-4:55	5:00-5:40
School age (ages 6-14)			

### Tuesday night swim lessons

Session 2 November 3 – December 15: 7 classes

Session 1 January 5 – February 16: 7 Classes

Preschool (ages 3-5)		7:00-7:40
School age (ages 6-14)		
<b>Adult lessons</b>		<b>7:45-8:25</b>

### Wednesday night swim lessons

Session 2 November 4 – December 16: 7 classes

Session 1 January 6 – February 17: 7 classes

Preschool (ages 3-5)	6:00-6:40	6:45-7:25
School age (ages 6-14)		
<b>Adult lessons</b>		<b>7:30-8:10</b>

### Friday afternoon swim lessons

Session 2 November 6 – December 18: 7 classes

Session 1 January 8 – February 19: 7 classes

Friday Parent/Child	3:30-4:00 pm	
Preschool (ages 3-5)		
	4:15-4:55	5:00-5:40
School age (ages 6-14)		

### Saturday morning swim lessons

Session 2 November 7 – December 19: 7 classes

Session 1 January 9 – February 20: 7 classes

Saturday Parent/Child	9:30-10:00	10:00-10:30
Preschool (ages 3-5)	10:30-11:10	11:15-11:55
School age (ages 6-14)		12:00-12:40

### Parent/Child: 6 Months to 3 Years

The Parent/Child lessons teach comfort in the water. Children become aware of the difference between moving through water versus dry land, while parents help children build confidence in water. Children also have fun with age-appropriate games that use basic water movements such as kicking and breathing.

Class is 30 minutes long.

**Parent/Child classes are offered:**

**Tuesday / Thursday 11.30am**

**Friday 3:30-4:00pm**

**Saturday 9:30-10:00am**

**Saturday 10:00-10:30am**

### Preschool: Age 3 thru Kindergarten

These beginning classes provide a child's first experience in the pool without parents. Children learn the basic building blocks of swimming, and they are exposed to pool safety, boating safety, and personal flotation devices.

**Pike:** While adjusting to water, children develop safe pool behavior and develop independence. New swimmers learn basic paddle stroke and kicking skills, and they learn to hold their faces in the water while blowing bubbles. Class is 40 minutes long. Teacher to Student Ratio 1:5



**Eel:** While reinforcing Pike skills, advanced beginners learn to flutter kick, float, and perform the paddle stroke. Class is 40 minutes long. Teacher to Student Ratio 1:5

**Ray:** Children improve stroke skills, build endurance by swimming on their front and back, and learn to tread water. Class is 40 minutes long. Teacher to Student Ratio 1:6

**Starfish:** Swimmers develop their front crawl backstroke, floating, underwater swimming, and retrieving skills. Class is 40 minutes long. Teacher to Student Ratio 1:6

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.



Youth – Adult – Family

**Fall 2009 Swim Lessons  
Session 2  
November 2 – December 19**

**Winter 2010 swim lessons  
Session 1  
January 4 – February 19**



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## YMCA Swim Lessons!

The Peninsula Family YMCA uses national aquatic standards and guidelines designed to help swimmers develop the whole person in spirit, mind, and body.

- ◆ Learn to Swim
- ◆ Improve Swimming Skills
- ◆ Increase Water Safety

Qualified instructors teach classes in our heated indoor pool.

### What Level is My Child?

All preschool age students (age 3-kindergarten) should sign up for the "Preschool" swim levels

Children 1<sup>st</sup> grade – 14 years of age should sign up for "School-Age". Some older children who have little to no swimming experience may prefer to join in the adult swim class. Please let us know if that is a preference.

Children will be separated into levels on the first day of swim lessons. To expedite this process, please bring the progress report from your last session of YMCA swim lessons to the first day of new swim lessons.

*For Private Lessons, please call the YMCA!*

**Credit/Refund Policy:** Cancellations may receive a full refund or credit if made at least 72 hours before your first class. A Peninsula Family YMCA Credit will be issued for cancellations made at least 48 hours before your class starts (no refunds). Credits and refunds will not be issued within 48 hours of your first class.

The YMCA is not able to provide prorated registration fees, make-ups, credits, or refunds for missed classes.



### Youth: First Grade through 14 Years

These classes for school-age children focus on water safety and stroke skills. Classes expand synchronized swimming and water polo skills at each level. Youth classes are 40 minutes long.

**Polliwog:** Beginner swimmers become acquainted with the pool, flotation devices, and front and back float. Teacher to Student Ratio 1:6



**Guppy:** Children are introduced to lead-up strokes to the front crawl, back crawl, breaststroke, elementary backstroke, and diving skills. Teacher to Student Ratio 1:6



**Minnow:** Intermediate swimmers further refine the lead-up strokes and develop more traditional strokes. Teacher to Student Ratio 1:6

**Fish:** Students perform the crawl stroke, elementary backstroke, backstroke, breaststroke, and sidestroke. Teacher to Student Ratio 1:6

**Flying Fish:** Advanced swimmers refine their strokes and increase their endurance. They develop the ability to perform complex swimming activities. Teacher to Student Ratio 1:6

**Shark:** Preparation for Swim Team includes flip and open turns, rescue skills, and IM work. Teacher to Student Ratio 1:6

### Adults: Ages 15 and up!

Adults can also learn to swim! Whether you are new to water safety or looking to refine techniques, we can help.

**Beginning and intermediate adult swim classes are on held on:**

**Tuesdays 7:45pm**  
**Wednesday 7:30pm**  
**Saturday 12.45pm**

### PARENT'S ROLE & COMMON QUESTIONS

**Can my child recreationally swim before/after his/her lesson?**

The Peninsula Family YMCA is unable to allow non-facility members to use the facility during any other times other than the YMCA program that was purchased. If you would like to enjoy the facility with your family, please drop by the enrollment desk for membership information. Facility members are welcome to use the facility any time the schedule allows.

### Can my child use the spa after his/her lesson?

Yes. As long as the child is over 5 and a parent/guardian is **in the water** with them. For your safety please limit spa time to 5 minutes. Spa capacity is 9 people, please limit usage when others are waiting.

### Where should I be during my child's lesson?

Our observation windows are a great place to see the progress of your child. We ask that you do watch your child so that you can be easily found if needed. Please avoid sitting near the end of the pool, or "hovering" over your child during the lesson.

### If my child misses a lesson can I make it up?

Regretfully, due to the fast turnover of our classes we do not offer any make up for lessons missed. If the lesson/s was missed due to illness you may apply for a credit with a Dr. note.

### -Swim Class Fees-

#### One day per week class

	7 class Session 1 & 2	
Facility Member		\$121.00
Program Member		\$145.00
Community Member		\$173.00

#### Two day per week class fees:

	14 class Session 1 & 2		12 class cost	
Facility Member	\$221.00		\$173.00	
Program Member	\$268.00		\$233.00	
Community Member	\$324.00		\$280.00	

**Be an Early Bird! Save \$20**  
**By signing up before November 1st**