



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS SCHEDULE

WINTER 2016 - (January 4-February 20) - NO LESSONS Jan. 16-18 or Feb. 13-15.  
MEREDITH MATHEWS EAST MADISON YMCA

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Parent Child 6mos-3yrs</b>				10:00-10:30am	6:30-7:00pm		10:00-10:30am
<b>Preschool (3-5 yrs)</b>	<b>Pike</b>	5:25-5:55pm 6:00-6:30pm (x2) 6:35-7:05pm	6:30-7:00pm	5:25-5:55pm	6:30-7:00pm		10:00-10:30am 10:35-11:05am 11:45-12:15pm
	<b>Eel</b>	5:25-5:55pm	6:30-7:00pm	5:25-5:55pm 6:00-6:30pm (x2)	6:30-7:00pm		10:35-11:05am
	<b>Ray/Starfish</b>	5:25-5:55pm		6:00-6:30pm			10:35-11:05am
	<b>Polliwog</b>	6:35-7:05pm		6:35-7:05pm			10:00-10:30am 11:10-11:40am
	<b>Guppy</b>	6:35-7:05pm	7:05-7:35pm	5:25-5:55pm 6:35-7:05pm	7:05-7:35pm		10:35-11:05am 11:10-11:40am (x2)
	<b>Minnow</b>	6:00-6:30pm	6:30-7:00pm	6:00-6:30pm	7:05-7:35pm		10:00-10:30am
<b>Youth (6-12 yrs)</b>	<b>Fish</b>			6:35-7:05pm			11:45-12:15pm
	<b>Flying Fish</b>		7:05-7:35pm				
	<b>Starters*</b>					5:30-6:30pm	
	<b>Adult (13+ yrs)</b>		7:05-7:35pm (Intermediate)	6:35-7:05pm (Beginner)			11:10-11:40am 11:45-12:15pm (Beginner)

## PARENT/CHILD & PRESCHOOL (3-5 YRS)

### PARENT/CHILD (6 MONTHS-3YRS)

This is a very beginner level class. Parents participate with their child in the water in activities that promote safety and comfort for both parent and child in the pool.

#### PIKE

Pike is the first level of Preschool swim lessons. In this level, children learn pool and class rules, basic water safety skills, and basic stroke skills on their front, back, and side. An emphasis is placed on confidence and comfort in the water. **Children 6 years or older should sign up for Polliwog.**

#### EEL

To participate in the Eel level, students are expected to be able to swim on the front, back, and side for 10 yards with assistance and 5 feet without assistance. More emphasis is placed on endurance, while continuing to review rules and water safety. To pass this level, students are expected to swim 25 yards with assistance and 15 feet without assistance on their front, back, and side. **Children 6 years or older should sign up for Polliwog.**

#### RAY

To participate in the Ray level, students are expected to be able to swim 25 yards with assistance and 15 ft without assistance on their front, back, and side. A larger variety of safety and water skills are introduced, as well as introducing beginner breaststroke and elementary backstroke skills while continuing to strengthen previously learned skills. To pass this class, students must be able to swim 25 yards of each stroke with assistance and 20 ft without. **Children 6 years or older should sign up for Guppy.**

#### STARFISH

Starfish is the final and most advanced level of the preschool swim program. To enter this level, students must be able to swim 25 yards of each stroke with assistance and 20 ft. without. An emphasis is placed on endurance and personal safety skills. To pass this level, students must be able to swim 25 yards of each stroke with assistance and 40 feet without. **Children 6 years or older should sign up for Guppy or Minnow per instructor recommendation.**

## REGISTRATION AND COST

Membership Type	Registration Dates	Cost
Facility Member*	December 7, 2015- January 10, 2016	\$53.00**
Community Member*	December 14, 2015 -January 10, 2016	\$90.00**

\*THE COST FOR STARTERS IS \$57.00 FOR FACILITY MEMBERS AND \$82.00 FOR COMMUNITY MEMBERS.

\*\*THE COST FOR SATURDAY CLASSES IS \$38.00 FOR FACILITY MEMBERS AND \$65.00 FOR COMMUNITY MEMBERS.

### MEREDITH MATHEWS EAST MADISON YMCA

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P 206 322 6969 F 206 322 6868 [seattleyymca.org](http://seattleyymca.org)

## YOUTH (6-12 YRS) & ADULT (13+ YRS)

### POLLIWOG

This beginner level for youth places a focus on water safety and comfort. Basic strokes on the front, back, and side are introduced. To pass this level, students must be able to swim 25 yards on his or her front, back, and side with assistance and 20 feet without assistance.

### GUPPY

To enter the Guppy level, students must be able to swim 25 yards on front, back, and side with assistance and 20 feet without. The focus is on swimming independently. Breaststroke and elementary backstroke basics will also be introduced. To progress to the next level, students must be able to swim 25 yards of each stroke without assistance.

### MINNOW

To enter the Minnow level, students must be able to swim 25 yards of each stroke without assistance. Over-arm front crawl is introduced, as well as rudimentary sidestroke, breaststroke, and elementary backstroke. To pass this level, students must be able to swim 25 yards of each stroke.

### FISH

To enter the Fish level, students must be able to swim 25 yards of each previously learned stroke. There is a very strong focus on both endurance and technique in this level, making it challenging. Students will begin to swim 50 yards at a time, and will be focusing more on technique. To pass this level, students must be able to swim 50 yards of each stroke with proper technique.

### FLYING FISH

To enter this class, students must be able to swim 50 yards of each stroke with proper technique. Not only will students focus on building endurance, but they will also learn basic lap/competitive swimming skills. To pass this level, students must be able to swim 100 yards of each stroke, and complete a 200 yard Individual Medley.

### STARTERS

This is a pre-swim team class for those who want to further their ability and endurance in the pool. Each hour long class will provide a fitness-based workout along with stroke refinement. Participants must be at least a Fish level to succeed in this class.

### ADULT - BEGINNER

Adult Beginner is for non-swimmers, with focus on water safety and water comfort. Each participant works at his or her own pace and will have individual attention from the instructor as well as time to practice.

### ADULT - INTERMEDIATE

Adult Intermediate is for swimmers who have a basic understanding of crawl stroke and the endurance to swim the length of the pool (25 yards). Students will focus on stroke development, breathing and endurance with opportunity to learn and develop other strokes.

## CONTACT INFORMATION

### ROB DAVIS, AQUATICS COORDINATOR

206-556-3033 or [rdavis@seattleyymca.org](mailto:rdavis@seattleyymca.org)

**Everyone is welcome.** The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**