



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS CONFIDENCE IN THE WATER

Aquatics: Swim Lessons—Fall 2016
Matt Griffin YMCA



Learn to swim at the Y! Swimmers ages 6 months and up can choose from weekday evenings (twice per week) or Saturday mornings (once per week). There are a maximum of 5 students per instructor for all preschool and youth group lessons except the Fish and Flying Fish levels, which have a limit of 6 swimmers. The maximum for parent/child and adult lessons is 10 students. Parents are not permitted in the water during swim lessons (except parent/child classes). We look forward to helping your swimmers become more confident and improve their swimming skills at the Y!

Register online at mattgriffinymca.org

WEEKDAY EVENING LESSONS

M/W OR T/TH: 8 classes per session

- **September Session: 9/2–10/3:** Registration Opens 8/15 for Members and 8/17 for the community
- **October Session 10/10–11/3:** Registration begins 9/27 for members and 9/29 for the community
- **November Session 11/14–12/13:** Registration begins 11/1 for members and 11/3 for the community

Monday/Wednesday (September Session)

3:45–4:15pm: Pike / Eel / Polliwog / Minnow
4:20–4:50pm: Pike / Eel / Polliwog / Guppy
4:55–5:25pm: Pike / Eel/Ray / Polliwog / Minnow
5:30–6:00pm: Pike / Polliwog / Guppy / Fish/Flying Fish

Tuesday/Thursday (September Session)

4:10–4:40: Pike / Eel/Ray / Polliwog / Guppy
4:45–5:15: Pike / Eel / Polliwog / Minnow
5:20–5:50: Parent/Child / Pike / Polliwog / Guppy / Minnow
5:55–6:25: Pike / Ray / Polliwog / Guppy / Fish / Adult Beginning
6:30–7:00: Eel / Polliwog / Guppy / Minnow / Flying Fish / Adult Int.

SATURDAY LESSONS

4 Classes Per Session

- **September Session 9/10–10/1:** Registration opens for members 8/13 and for the community 8/15

Saturday (September Session)

9:10–9:40: Parent/Child/ Pike/ Eel / Adult
9:45–10:15: Pike / Polliwog / Guppy / Minnow
10:20–10:50: Pike / Ray/Starfish / Polliwog / Guppy
10:55–11:25: Eel / Ray / Guppy / Fish/flying Fish
11:30–12:00: Parent/Child / Pike / Polliwog / Minnow

MATT GRIFFIN YMCA

3595 S. 188th St, SeaTac, WA 98188

P 206 244 5880 F 206 244 5881 mattgriffinymca.org

WEEKDAY MORNING LESSONS

4 classes/week: Monday/Wednesday

- **September Session 9/7–10/3:** Registration opens 8/15 for members and 8/17 for the community

Monday/Wednesday/Tuesday/Thursday (September Session)

9:30–10:00am: Pike / Eel
10:00–10:30am: Parent/child / Pike
10:30–11:00am: Pike / Polliwog

FEES

\$56 facility member / \$88 community member (Weekday classes)
\$28 facility member / \$44 community member (Saturday classes)

Please note there is a minimum 3-child-per-class policy.

Classes that have only one or two swimmers enrolled will be combined with another class if possible, or cancelled.

LATE REGISTRATION/CANCELLATION

Late registration is allowed through the end of the day of the second class meeting. After the session has started, all cancellation requests need to be approved by the Aquatics Director. **No make-up classes or refunds/credits available for missed classes within the session (even in the event of illness), unless there is a facility closure.**

For more information contact:

Aquatics Direct: Nick Montgomery: 206 787 1183

Aquatics Specialist: Carlie Stuart: 206 244 5880

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.

LEVEL DESCRIPTIONS

PARENT/CHILD LEVEL (6 MONTHS-3 YEARS)

Children become comfortable in the water and start learning basics of water safety and swimming to prepare for preschool classes. Children practice swimming with an adult other than a parent, learn proper water entries and exits, and begin practicing breath control. Parents learn safe ways to enjoy the water with young children and how to encourage good swimming technique, as well as games and song to get their child excited about swimming.

PRESCHOOL LEVELS (AGES 3-5)

Pike– Introduces water safety and beginning floating and swimming skills while building confidence and trust.

Eel– Builds on the crawl and back stroke as the students begin to swim on their own.

Ray– Refines strokes, introduces breathing to the side, and increases endurance. Components of new strokes will be introduced.

Starfish– Stroke improvement to breast stroke, crawl stroke, and back stroke while swimming longer distances.

YOUTH LEVELS (AGES 6-12)

Polliwog– Introduces water safety and beginning floating and swimming skills to encourage student to swim independently.

Guppy– Builds endurance and introduces side breathing, proper crawl stroke technique, and the back stroke.

Minnow– Refines the crawl and back strokes and puts the pieces of the breaststroke together while building endurance in the lap pool.

Fish– Students swim full laps of the crawl, back and breast strokes while focusing on stroke mechanics and proper technique.

Flying Fish– Introduces the butterfly stroke, students learn flip turns and build endurance to swim 30 minutes straight.

PRIVATE SWIM LESSONS

Private lessons are available Monday through Thursday evenings and Saturday mornings.

Lesson must be booked at least 48 hours in advance, and 48 hour cancellation notice is required for full refund.

Private Lessons & Semi-Private: 4 week or 6 week sessions

Private Lesson Fees:

Facility Member: 4 lessons: \$120 / 6 lessons: \$180

Community Member: 4 lessons: \$200 / 6 lessons: \$300

Semi-Private Lesson Fees:

Facility Member: 4 lessons: \$200 / 6 lessons: \$300

Community Member: 4 lessons: \$280 / 6 lessons: \$420

For more information about private and semi-private lessons:

Contact

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P 206 244 5880

E cstuart@seattleyymca.org



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