

CAVEMAN POOL - SUMMER 2008

Trained instructors teach YMCA swim lessons and each instructor has a genuine concern for their students. Each level of the YMCA PARENT-TOT, PRESCHOOL, and YOUTH swim programs include safety education, skill development and growth through games and group activities. **Class fees are non-refundable once the session begins.**

REGISTRATION BEGINS June 11th from 12:00 noon to 5:00 p.m at the Caveman Pool. The Caveman Pool will **OPEN** June 14th at 1:00 p.m. for recreation swim; lessons begin Monday, June 16th

Children (6 months- 5 years) FEE: \$40 per class

Parent-Tot (6 months- 3 years): Water adjustment, swimming skills, safety for both child and parent.
Parent participation required.

Pike (3-5 years): For the non-swimmer with little or no experience

Eel (3-5 years): Can float on front and back, will learn simple forward dive & increase their swimming skills.

Ray/Starfish (3-5 years): For the preschool intermediate to advanced swimmer to work on swimming skills and endurance.

Youth Classes (6 years and up)

Polliwog: Beginner, front and back float, introduce front crawl, swim 20-30 feet.

Guppy: Front crawl with rotary breathing, swim 50 feet.

Minnow/Fish: Introduce back crawl, 3 min. survival float, swim 60-75 feet with rotary breathing, front dive and water safety. Swim 120-150 yards, introduce breast stroke, front dive from board and swim underwater 30 feet.

***For more advanced classes, please contact the YMCA @ 474-0001.**

TWO WEEK CLASSES

Classes meet Monday through Thursday for two weeks

SESSION A	June 16-26
SESSION B	June 30-July 10
SESSION C	July 14-24
SESSION D	July 28-Aug 7
SESSION E	Aug 11-21



FOUR WEEK CLASSES

Classes meet twice weekly.
Mon/Wed **OR** Tues/Thurs

SESSION 1	June 16-July 10
SESSION 2	July 14-Aug 7

TWO WEEK CLASS SCHEDULE

PIKE (3-5 yrs.):	11:30-12:00 pm
EEL (3-5 yrs.):	11:00-11:30 am
RAY/STARFISH (3-5 yrs.):	10:30- 11:00 am
POLLIWOG:	11:30-12:00 or 9:30-10:00 am
GUPPY:	11:00-11:30 am
MINNOW/FISH:	10:30-11:00 am

FOUR WEEK CLASS SCHEDULE

PARENT-TOT (6 months to 3 yrs.):	12:00-12:30 pm
PIKE (3-5 yrs.):	M/W 5:15-5:45 pm
EEL (3-5 yrs.):	M/W 5:15-5:45 pm
RAY/STARFISH(3-5 yrs.):	M/W 5:45-6:15 pm
POLLIWOG:	M/W 5:45-6:15 pm T/TH 5:45-6:15 pm
GUPPY:	T/TH 5:15- 5:45 pm
MINNOW/FISH:	T/TH 5:00-5:30 pm

** The YMCA reserves the right to combine or cancel classes when necessary.*



CAVEMAN POOL - 479-2569

801 NE 9TH Street

GRANTS PASS FAMILY YMCA - 474-0001

1000 Redwood Ave.