

Swim lessons:

Build Self Confidence

Encourage Good Fitness Habits

Helps To Establish Great Values

Creates New And Lasting Friendships

Private and Semi-Private Lessons

Provide one-on-one attention for those ranging from the competitor wanting to fine tune their form and strategy to those that are just beginning and/or wish to get over their fear of the water.



SESSION DATES

Session 1	Jan 7-Feb 2
Session 2	Feb 4-Mar 2
Session 3	Mar 4-Apr 6
Session 4	Apr 8-May 4

* Group Sessions are 1/2 hour 2x's weekly or 1 hour 1x weekly for 4 weeks.

* Private and Semi-private lessons are 5 1/2 hour sessions.

	COST	
	Member	Community
Group	\$25.00	\$50.00
Private	\$45.00	\$90.00
Semi-Private	\$35.00	\$70.00

Open Registration closes at 5pm on the Sunday prior to the first day of each session.

The "Y" reserves the right to combine and/or cancel classes as necessary.

PLEASE NOTE

Each level builds upon skills that are taught in previous levels. Each child will progress at their own pace and some levels will be more difficult than others. For these reasons, your child may take several sessions to complete all the skills necessary to progress to the next level.



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GROWING
STRONGER
TOGETHER

Swim Lessons 2019



LEARN GROW THRIVE

MONDAY/WEDNESDAY CLASSES

Pike	10:00 AM	5:00 PM
Eel	10:30 AM	5:30 PM
Parent/Tot	11:00 AM	6:00 PM
Advanced Eel	11:30 AM	6:30 PM
Polliwog		5:00 PM
Guppy		5:30 PM
Fish	Wed.	6:00 PM 1HR
Shark	Monday	6:00 PM 1HR

TUESDAY/THURSDAY CLASSES

Pike	10:00 am	5:00 PM
Eel	10:30 am	5:30 PM
Advanced Eel	11:00 am	6:00 PM
Ray	11:30 am	6:30 PM
Polliwog		5:00 PM
Guppy		5:30 PM
Minnow	Tue 1HR	6:00 PM
Adv. Guppy	Thurs 1HR	6:00 PM

There will be no adult swim lessons held during July and August. Adult classes will resume September 4th. Tuesdays & Thursdays

ADULT	Advanced Level	5:30-6:00 PM
ADULT	Intermediate Level	6:00-6:30 PM
ADULT	Beginner Level	6:30-7:00 PM

SATURDAY CLASSES

Polliwog	9:00 AM	1HR
Guppy	10:00 AM	1HR
Advanced Guppy	10:00 AM	1HR
Fish	11:00 AM	1HR

6 MONTHS—3 YEARS

PARENT TOT

A parent-tot water exploration class including water safety and fun for children, 6 months to 3 years and their parents.

3 TO 5 YEARS OF AGE

PIKE

This class teaches putting the face in the water, blowing bubbles, holding breath, gliding, paddling, floating and self confidence.

EEL

Learns to swim and take a breath, works on front crawl, back float and jumping in the pool.

ADVANCED EEL

Continues to learn and improve swim strokes while increasing endurance and builds confidence while working on basic swimming skills.

RAY

Learns front crawl with rotary breathing, and over arm recovery, back crawl, simple forward dive, safety swim, and increased endurance.



AGES 6 AND OVER

POLLIWOG

Learns pool rules, safety, front and back float, front glide, introduction to front crawl, jumping and self-confidence.

GUPPY

Learns to tread water, practices front crawl with rotary breathing, introduction to back crawl, and changing positions in the water.

ADVANCED GUPPY (Requires inst. approval)

Continues to learn and improve swim strokes while increasing endurance. Builds confidence while working on stand up dives and surface dives.

MINNOW

Learns diving, improves front and back crawl, survival float and increased endurance.

FISH

Continues to build endurance by increasing swim distances, as well as working on techniques in freestyle, breaststroke, and backstroke. Students will also be introduced to flip-turns & diving skills.

SHARK

Continues to build endurance, swim 100 yds using each front crawl, breast stroke with pull, kick & glide, back crawl, side stroke with scissor kick & glide, elementary back stroke, swim 50 yds using butterfly stroke.

ADULT BEGINNER AND INTERMEDIATE

For adults who have moderate to no prior swimming experience or may have a fear of water. Learn the basics of swimming. Learn to float, take breath while swimming and arm movement with kicking.