

# Weekday & Weekend lessons



## Tuesday & Thursday Evening

January 3rd – January 26<sup>th</sup>

**5pm**  
Pike Eel Polliwog Guppy

**5:30pm**  
Parent & Child Polliwog Minnow

**6pm**  
Pike Polliwog Stroke Clinic

**6:30pm**  
Pike Polliwog Guppy

**7pm**  
Adult Stroke Instruction



## Saturday Morning lessons

January 7<sup>th</sup> - January 25<sup>th</sup>

**8:30am**  
Adult Stroke Instruction

**9am**  
Parent & Child Pike Polliwog

**9:30am**  
Pike Polliwog Guppy

**10am**  
Polliwog Minnow Fish/Stroke Clinic

**10:30am**  
Eel Guppy Minnow

### **When classes are offered**

Lessons are taught twice a week (**Tuesday & Thursday**). Each session of lessons is 4 weeks long (8 lessons. **Saturday** lessons meet once a week for 8 Saturdays.

**Group Lessons** Each session of group lessons costs \$45 for members \$80 non members.

### **Semi-private lessons**

(2 kids to 1 instructor) Great if you have two kids and want a class all to yourself. Members \$55 per child non-members \$90 per child (8 lessons).

**Private lessons** are a great for children with special needs or who excel well with one on one instruction. \$30 per 30 minute lesson, minimum of 4 lessons must be purchased.

### **INCLEMENT WEATHER POLICY**

#### **Thunderstorms**

In the event of thunder or lightning the pool will be closed for 30 minutes. If there is another sighting of lightening within that 30 minute time frame the pool will remain closed for another 30 minutes. If there is a thunderstorm in the area it is advised to call the YMCA before you set out for your lessons.

**(540) 735-9622**

#### **Tornados**

In the event of a tornado warning all patrons will be evacuated into the changing rooms until the tornado warning has been lifted.

#### **Snow**

In the event of snow or icy conditions lessons maybe cancelled. It is advised to call the YMCA before you set out for your lessons.

**The Ron Rosner Family YMCA of Spotsylvania County offers year round swim lessons** for all ages and abilities. Our instructors have experiences teaching private, group, and adult lessons. Our Instructors teach skills in a step-by-step plan of development wherein one skill is built upon another. The skills are practiced over and over so that the child learns each skill for that level. Upon graduation from each level the student is awarded a certification. Our swimming lessons not only teach child how to swim, they also teach valuable life skills such as, personal safety, skill development, water sports and character development that will allow them to enjoy aquatic activities for life.

# **YMCA SWIMMING LESSONS**

*Winter*



**Aquatics Director Sarah Ward**

sward@family-ymca.org

(540) 735-9622 x 2034

**Not sure what level your child is at? We offer  
FREE no obligation swim evaluations for  
children 5yrs and older**



**PARENT & CHILD (ages 6mon-3yrs)** This class is designed to for both parent and child to feel comfortable in the water, while creating a fun learning environment for your child.

Parents are instructed on how to teach their child to become safer and confident around water. Three basic fundamentals are taught in this class; floating, kicking and breathing all of which are taught using a variety of songs and games. Skills are taught in a step by step approach so each child can progress at his or her own pace. **Please note: A swim diaper must be worn for this class**



**PRE-SCHOOL CLASS (ages3-5 years)** 4 children per class. These classes are a child's first experience in the pool without parental assistance; children can graduate to this program once they are able to perform the basic swimming skills taught in the parent

and child class without parental assistance. This program teaches children the building blocks to swimming, such as floating, kicking, breath control, and water safety techniques. Skills are taught in a step by step approach using games

**PIKE** This level helps children develop independent movement in the water. Children are introduced to water safety techniques, such as reaching assist and three basic swimming fundamentals, floating, kicking and breath control

**EEL** This level continues to build on the swimming fundamentals taught in the Pike level. Children are introduced to front and back streamline and side stroke. Water safety techniques are reinforced with the introduction of new skills such as safe water entries and sculling.

**RAY** at this level children should be comfortable floating unassisted and control their breath while swimming. This level introduces freestyle, backstroke and breaststroke techniques. Children will continue to build on their water safety skills with the introduction of treading water and the HELP and HUDDLE position which is designed to conserve body heat.

**YOUTH PROGRAM (ages 5-16yrs) 5 children per class**



This program follows the National YMCA swim lessons format. We focus on competitive strokes, starts, turns and water safety. Polliwog is an introduction of swimming

fundamentals (floating, kicking and breath control).

**POLLIWOG** This class introduces children to the water environment, and is ideal for those new or fearful of the water. This level focuses on basic water skills such as, reaching assists, bobs for breath control, and floating (unassisted) on the front and back.

**GUPPY** This class continues to build on the basic water skills taught in the polliwog. Children are introduced to stroke techniques for freestyle, backstroke, side stroke, breaststroke and elementary backstroke. These strokes are broken down into small easy drills to help make the learning process easier. Safety dives and survival skills such as treading water and rollovers are taught to help if children find themselves in distress.

**MINNOW** This level introduces breathing techniques to the strokes previously taught. Advanced survival skills such as reaching assists, sculling and resting strokes are introduced.

**FISH**

This class continues to build on strokes previously taught in the Minnow. This class is designed for novice participants of a summer swim team or first year

summer league swimmers. This class is ideal for improving endurance and swim team etiquette during the off season. Once they graduate from this level participants can move onto the Stroke Clinic. An evaluation must be scheduled prior to registering for this level



**STROKE CLINIC**

For those who have graduated from the minnow level or have been a part of a summer swim team. This is **not** a learn-to-swim program, these clinics are designed to teach and refine competitive swimming techniques while building endurance and having fun. An evaluation must be scheduled prior to registering for this level

**Adult Stroke Instruction Classes (ages 16+)** **It's never too late to learn how to swim!** Our Adult Stroke Instruction classes cater to your individual requirements, whether you are a beginner swimmer, looking for technique refinement or learning a new stroke. The class is held in the caring environment of a heated pool. Our instructors are in the water to provide the reassurance and support as you are learning to swim.

**SPECIAL NEEDS LESSONS** Classes are designed to cater for the individual needs of students whose disabilities include autism, and Down syndrome.

**For more information please contact Sarah Ward Aquatics Director**