



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH SWIM LESSONS

KERASOTES YMCA

YOUTH SWIM LESSONS (ages 6-12)

The YMCA Youth Swim Lesson Program is designed to teach your child swimming and water skills while developing his/her physical, mental and spiritual well-being. YMCA swim lessons not only focus on stroke development, but our program helps to develop strong character through the YMCA's core values of Caring, Honesty, Respect and Responsibility.

POLLIWOG (ages 6-12)

This level teaches basic paddle stroke, kicking skills, pool safety and discussion of the YMCA core values. The goal for this beginning stage is to gain self-confidence, learn the fundamentals of swimming and become more comfortable in and around water.

#KPOL0540P1, Monday 5:40-6:25 p.m.
#KPOL0540P3, Wednesday 5:40-6:25 p.m.
#KPOL1010A6, Saturday 10:10-10:55 a.m.
\$46 Member, Public \$94 (rec. pool)

GUPPY (ages 6-12)

The children continue to practice and build upon basic skills without the aid of a floatation device. The goal for this stage is to be able to swim the front crawl with rotary breathing in good form. The meaning of the YMCA Core Values (Caring, Honesty, Respect, & Responsibility) in everyday life will be discussed.

#KGUP0540P1, Monday 5:40-6:25 p.m.
#KGUP0540P3, Wednesday 5:40-6:25 p.m.
#KGUP1010A6, Saturday 10:10-10:55 a.m.
\$46 Member, Public \$94 (rec. pool)



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MINNOW (ages 6-12)

At this level, children have learned some fundamentals of swimming strokes and water safety and are continuing to build and refine them. The goal at this stage is to be able to perform freestyle, backstroke and elementary backstroke in good form. Children also will learn the sidestroke the basics of breaststroke.

KMIN0630P1, Monday 6:30-7:15 p.m.
KMIN0630P3, Wednesday 6:30-7:15 p.m.
KMIN1100A6, Saturday 11:00-11:45 a.m.
\$46 Member, Public \$94 (rec. pool)

FISH (ages 6-12)

At this stage, students work to perform the crawl stroke, elementary backstroke, backstroke, sidestroke and turns while given the opportunity to develop teamwork through the use of the YMCA Core Values.

KFISH0630P3, Wednesday 6:30-7:15 p.m.
KFISH1100A6, Saturday 11:00-11:45 a.m.
\$46 Member, Public \$94 (rec. pool)

FLYING FISH (ages 6-12)

At this advanced stage, students work on refining their strokes and increasing their endurance, caution, determination and self-discipline.

KFFISH0540P4, Thursday 5:40-6:25 p.m.
\$46 Member, Public \$94 (comp. pool)

SHARK (ages 6-12)

The students at this level continue to improve their strokes and increase their endurance with the use of starts and turns. Students will be encouraged to set goals and try to achieve them.

KSHARK0630P4, Thursday 6:30-7:15 p.m.
\$46 Member, Public \$94 (comp. pool)

WINTER 2 SESSION 2012

February 20 - April 8 (7 weeks)

Registration:

Feb. 6, 2012 (Members)
Feb. 13, 2012 (Public)

Doug Miller, Aquatics Director
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