



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOODRUFF FAMILY YMCA

SWIM LESSON SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shrimp/Kipper (6-12 months) 30 min						10:00	
Inia (13-18 months) 30 min						10:30	
Perch (19- 23 months) 30 min	3:30		3:30			8:30 10:00 10:30	9:45 10:15
Perch (24- 36 months) 30 min		3:30		3:30	3:30	8:30 9:00 9:30	10:15
Pike (3 - 5 years) 30 min	4:00 5:00	5:00 6:00	4:30 5:30	6:00	4:00 5:30	8:30 9:00 9:30 9:30	9:15 10:45
Eel (3 - 5 years) 30 min	4:30	4:00 5:30	4:00 6:00	5:00	6:00	9:00 9:30 10:00 10:30	9:15 9:45
Ray (3 - 5 years) 30 min	5:30	4:30	5:00	5:30	5:00	8:30 10:30	10:45
Starfish (3 - 5 years) 30 min	6:00			4:00	4:30	10:00	
Swim Stars (3 - 5 years) 30 min				4:30		9:00	
Polliwog (6 - 12 years) 30 min	4:00	6:00		4:30 6:15	4:00	8:45	9:15 11:15
Guppy (6 - 12 years) 30 min	4:30	4:00	5:30	4:00 5:00	4:30	8:15 10:30	9:15 9:45
Minnow (6 - 12 years) 45 min	5:00	4:30	4:00	5:30	5:00	9:15	9:45 10:15
Fish (6 - 12 years) 45 min	5:45	5:15	4:45			9:45	10:30
Flying Fish 6 - 12 years) 45 min	6:30			6:45		9:00 10:00	
Shark (6 - 12 years) 45 min		6:30			5:45	8:15	11:00
Porpoise (6 - 12 years) 60 min			6:00			10:45	
Teen/Adult (13 years +) 45 min		7:15 (Beginner/Intermediate)					
Adaptive (Ages 3 and up) 30 min			4:00 4:30 5:00 5:30		4:00 4:30 5:00 5:30	11:30 1:00 12:00 1:30 12:30 2:00	9:30 11:00 10:00 11:30 10:30 12:00

FALL I

August 29 - October 23, 2016

Member Registration:

Community Member Registration:

Labor Day 9/5/2016 - No Classes, Prices Prorated

8/8/2016

8/15/2016

PARENT/CHILD & PRESCHOOL

30 minutes

Members: \$80

Community Members: \$160

YOUTH/TEEN&ADULT

30/45 minutes

Members: \$80 / \$88

Community Member: \$160 / \$176

PORPOISE

60 minutes

Members: \$96

Community Members: \$192

ADAPTIVE AQUATICS

30 minutes

Members: \$92

Community Members: \$184

SWIM STARS:

30 minutes

This class is for your 3-5 year old who has completed the Starfish level, but is not quite old enough to enter the Youth Program.

Members: \$80

Community Members: \$160

YOUTH ENDURANCE SWIM CLUB:

60 minutes

Endurance swim club is designed for those swimmers who have completed all the levels of the YMCA lesson program through porpoise and who are 10-14 years old.

Twice per week:

Sunday 11:45 - 12:45pm

Wednesday 7:00-8:00pm

Members: \$188

Community Member:\$376

WOODRUFF FAMILY YMCA

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CENTRAL CT COAST YMCA

SWIM LESSON LEVELS AND DESCRIPTIONS

OUR PARENT AND CHILD SWIM LESSON PROGRAM

Our parent and child aquatic program is designed to teach basic water safety skills to children, and teach parents/guardians how to facilitate the learning of those skills during and outside of swim class. Our aquatic team is dedicated to providing a fun and positive environment for the children and parents.

AGES 6 TO 36 MONTHS

Shrimp 1:10 class ratio

Children in this class must be at least 6 months old and should have strong head control. (6-8 months)

Kipper 1:10 class ratio

Children in this class must be at least 9 months old, and should sit unassisted and stand with support. (9-12 months)

Inia 1:10 class ratio

Children in this class must be 13 months old, and should be able to stand unsupported and walk with assistance. (13-18 months)

Perch 1:10 class ratio

At 19 months of age, your child should be able to run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent. The goal for this level includes propelling oneself through the water and the transition to the preschool swim levels. (19 - 36 months)

OUR YOUTH SWIM LESSON PROGRAM

Our youth aquatics program is dedicated to teaching students personal water safety, stroke development, water sports and games, rescue and personal growth skills. Through a student-centered approach, our program is taught in groups based on age as well as skill which allows children to learn at their own pace with their peers and the guidance of our aquatic team.

PRESCHOOL CLASSES AGES 3 TO 5 YEARS

Pike 1:6 class ratio

Child must be comfortable in the water with a swim instructor and independent of a parent for the duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating and pool safety.

Eel 1:6 class ratio

Children must be able to swim five feet with face in the water and no floatation device. Eels are taught to float, kick and perform progressive arm movements across the pool.

Ray 1:6 class ratio

Participants must be able to swim 15 feet with his or her face in the water and no floatation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.

Starfish 1:6 class ratio

Swimmers must be able to swim 25 yards with rhythmic breathing for front crawl and no floatation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.

PROGRESSIVE CLASSES AGES 6 TO 12 YEARS

Polliwog 1:8 class ratio (Beginner swimmer)

Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.

Guppy 1:8 class ratio (Advanced beginner)

Children must be able to swim 15 yards without floatation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.

Minnow 1:10 class ratio (Intermediate)

Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Minnows will increase their swim endurance while they advance their technique and learn breaststroke movements.

Fish 1:10 class ratio

Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.

Flying Fish 1:10 class ratio

Swimmers must be able to complete a continuous 100 yards in freestyle and backstroke, 50 yards of continuous breaststroke, and 25 yards of butterfly.

Shark 1:10 class ratio

Swimmers must be able to complete a continuous 100 yards (with open turns) of freestyle with breathing to both sides, backstroke, and breaststroke. Participants must also be able to swim 50 yards of continuous butterfly with good technique. Sharks will focus on increased endurance, learning flip-turns, racing starts, and introduction to the 200IM (Individual Medley).

Porpoise 1:10 class ratio

Swimmers must be able to demonstrate a 100 yard breaststroke with proper pullout, backstroke with proper push off, freestyle with proper start and flip turns, and legal butterfly. Porpoise will focus on advanced swimming technique and will work towards completing a continuous 200 yard individual medley (50 yards butterfly, 50 yards backstroke, 50 yards breaststroke, 50 yards freestyle). Also introduction to water safety and lifesaving skills.

AGES 13 AND UP

Teen/ Adult 1:8 class ratio

This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught.

ADAPTIVE AQUATICS

AGES 3 AND UP 1:1 class ratio

This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed.