LEARN TO SWIM!

6 months - 3 years

ENTRY

SKIPPERS (3–5 years)

- PIKE
  Kids will become comfortable putting their face in the water, blowing bubbles, floating, kicking, and building confidence in the water.

- POLLIWOG
  Kids will become comfortable putting their face in the water, blowing bubbles, floating, streamline kicking, and building confidence in the water.

BEGINNERS

- SUPER PIKE
  Students will learn horizontal body positioning and streamline kicking. They will develop independent floating, kicking and constant forward motion. Students should be able to submerge their face in the water, blowing bubbles, and follow class instructions.

- SUPER POLLIWOG
  Students should be able to perform rhythmic body bob, float & kick without aid, and maintain a constant forward motion in the water. They will be able to swim front crawl & backstroke for a 1/2 length of the pool.

INTERMEDIATE

- EEL
  Students will refine their front crawl and backstroke with the endurance to swim two lengths of the pool, and be able to swim the breaststroke proficiently for 1 length. Diving and underwater swimming technique is developed.

- RAY
  Breaststroke kick will be introduced. Students will demonstrate basic breath control and be able to swim front and backstroke strokes proficiently for 1 length of the pool.

- MINNOW
  Students will continue to refine front crawl and backstroke with the endurance to swim two lengths of the pool, and be able to swim the breaststroke proficiently for 1 length. Diving and underwater swimming technique is developed.

- FISH
  The fish class continues to build one’s endurance to swim up to 2 lengths of breaststroke and 4 lengths of front crawl & backstroke. Students will be challenged to complete 1 full length of the butterfly. Flip turns will be introduced.

- FLYING FISH
  Students will master all flip turns, open turns, and racing starts. To be a Flying Fish, the student must be proficient in an 4 competitive strokes. They should be able to swim 4 lengths of the pool using the front crawl & backstroke.

ADVANCED

- GUPPY
  Students will refine their front crawl and backstroke, swimming without assistance. They will be able to roll over, kick, and swim while maintaining forward progression.

- SWIM TEAM
  Summer Swim Team—Try outs June 1
  Session dates June 6—August 26
  Monday, Wednesday, Friday

COMPETITIVE

- ORCA SWIM TEAM
  Ages: 6–18 years
  The Orca Youth Swim Team (OYST) offers competition through teamwork. Swimmers learn to believe in themselves, accomplish new skills, and discover they can do more than they ever imagined. OYST is a fun arena for advanced swimmers to learn the value of competition through teamwork, sportsmanship, and doing one’s best! Swimmers must be a Minnow level or higher and will advance at the coaches’ discretion. A facility membership is required.
  Summer Swim Team—Try outs June 1
  Session dates June 6—August 26
  Monday , Wednesday, Friday
  Novice 1 5:30-6:15
  Novice 2 5:30-6:30
  Junior/Senior 4:00-5:30
  Cost: $75.00 per month for Junior/Senior
  Bundle of 3: Facility $50 ; Program $95
  Bundle of 5: Facility $80.00 ; Program $140
  To sign up for private swim lessons, please contact the Aquatics Coordinator, Chelsea Petersdorf at petersdorf@ssymca.net

LEARN TO SWIM!

SWIM LESSONS

SESSION DATES

4 WEEK LESSONS
June 6 – July 2
July 11 – Aug 6
Aug 8 - Sept 3

2 WEEK LESSONS
June 20 – June 30
July 11 – July 21
Aug 8 – Aug 18
Aug 22 - Sept 1

LESSON FEES

<table>
<thead>
<tr>
<th>Days Offered</th>
<th>Facility</th>
<th>Program</th>
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<tbody>
<tr>
<td>Monday-Thursday</td>
<td>$46</td>
<td>$76</td>
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<td>Monday &amp; Wednesday</td>
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<tr>
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PRIVATE SWIM LESSONS

We offer private swim lessons for swimmers of all ages! Work toward your personal goals with an experienced instructor during a 30-minute swim lesson.

Bundle of 3: Facility $50 ; Program $95
Bundle of 5: Facility $80.00 ; Program $140

To sign up for private swim lessons, please contact the Aquatics Coordinator, Chelsea Petersdorf at petersdorf@ssymca.net
FINANCIAL ASSISTANCE
The South Sound YMCA is committed to helping people become the best that they can be. We strive to keep the Y accessible to everyone regardless of their ability to pay. With the support and generosity of our donors through our Annual Campaign, we assist everyone who qualifies.

WATER EXERCISE CLASSES

JOINTS IN MOTION – This self-paced class focuses on stretching, bending, reaching, and extending without any repetitive pounding exercises of the feet, legs, arms, or hands.

AQUA FLEX – This gentle muscle-strengthening class includes brief periods of exertion with no repetitive pounding of extremities.

AI CHI – Experience a sense of balance and relaxation through Tai Chi in the water. Especially helpful for people with arthritis and other joint/muscle-related medical conditions.

POOL PALS – Provides a water workout with stretching, floating on noodles, low-intensity aerobic exercises, and friendship building.

FLOW MOTION – A self-paced, low-impact class with an emphasis on exercises to increase your flexibility and balance.

AQUA MOTION – A minimum-impact class dedicated to 40 minutes of moderate intensity level activity. Class includes exercises in muscle strengthening, flexibility, and balance.

HYDRO FIT – A great combination of water exercises in deep and shallow water. This class will give you a 40-minute workout and then a cool down to flex and stretch every muscle in your body.

TURBO SPLASH – This class uses the shallow and deep water, providing aerobic activities mixed with high energy anaerobic training. Equipment may be used and exercises are easy to follow.

FUNQUATICS – A vigorous deep-water workout, designed to increase your stamina by combining various water exercises and swimming.

YOUTH FACILITY ACCESS POLICY
All children 9 and under must have direct supervision while in the facility, by a responsible person at least 18 years of age. Children 10–13 years of age must have a supervising individual who remains in the building. Children must be at least 14 years of age to use the Well-Being Center, or have completed the Youth Training Class which is for children aged 10–14 years old.

www.southsoundymca.org