

# YOUTH SWIM LESSONS MARCH SESSION

**CLASSES BEGIN: MARCH 6TH - 29TH** 

Classes are held Tuesday & Thursday Classes are 30 mins long

Fees:

Members: \$30.00

Registration begins February 1st

Non-Members: \$50.00

Registration begins February 20th

Payment Type: (circle one)



<u>Time</u>	Level's Offered	<u>Pool</u>
4:30 - 5:00 pm	Pike, Starfish	Family
5:15 - 5:45 pm	Eel, Polliwog	Family
6:00 - 6:30 pm	Starfish, Guppie, Minnow, Fish	Family & Lap

Time	e: Level:	
Participants Name:		Birthdate:
Parent(s) Name:		Phone:
Address:		City/State:
Emergency Contact:		Phone:
Parent Email Address:		
all claims if injuries which m	ase: I release the YMCA of Ponca City and in a sustained by the above participant in d I give permission for such medical care to	any YMCA sponsored activity. If
Parent Signature:		
o Uso Only Possint Date	e: Amount Paid:	Receipt #

Cash

Charge

**ABW** 

Check

Staff Initials:

# Pre-school classes (Ages 3 to 5 years)

- These classes are not parent involved.
- Class ratio is 6 students to 1 instructor.
- There must be a minimum of 3 children registered in order to host the class.
- Each class is 30 minutes long.

#### PIKE:

- Beginner Level NO swimming skills required
- Students will be Introduced to water and swimming
- Students will be taught the basic paddle stroke and kicking skills, pool safety, proper use of PFD's and develop comfort and confidence in the water.

## EEL:

- Intermediate
- Ability to put face in water
- Ability to swim with float belt without assistance
- This class introduces front and back paddle skills and breath control.

#### STARFISH:

- Advanced
- Ability to swim on front and back without a float belt
- Tread water for 30 seconds, must be comfortable swimming under water.
- Students will review previous skills, improve stroke skills, learn personal safety and rescue skills, and build endurance





# Youth Levels (Ages 6 to 12 years)

- These classes are not parent involved.
- Class ratio is 1 instructor to 8 students.
- There must be a minimum of 3 children in order to host the class.
- Each class is 30 minutes long.

### **POLLIWOG:**

- No swimming skill requirements, introduction to water and swimming
- Children are acquainted with the pool, use flotation devices, floating, front and back paddle strokes

## **GUPPIES**:

- Ability to swim without float belt the width of the pool,
- Students are introduced to the front and back crawl, sidestroke, breaststroke and elementary backstroke

## MINNOW:

- Ability to swim with face in the water,
- Student should have elementary knowledge of front crawl, back crawl, sidestroke and breaststoke.
- Endurance to swim length of pool with multiple strokes
- In this class students will further refine the stokes they have learned and will master the front crawl with face in the water

# FISH:

- Know and be able to confidently swim the following strokes, front crawl with rotary breathing, backstroke, breaststroke, sidestroke.
- Ability to tread water for 1 minute
- Endurance to swim multiple lengths of the pool
- Students will be introduced to the dolphin kick and basic butterfly