

# 4 TYPES OF GROUP LESSONS



# P

PARENT CHILD- This is a 30 minute class for 6-36 month

old children and their parents. The objective is to get both the parent and child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides him/her to learn aquatic skills. Activities are based on the developmental abilities of the child.

Instructor to Student Ratio 1:8



# P

RESCHOOL-  
Ages 3- 5

Child's first experience without parent assistance. In the 30 minute session, the child will learn essential swimming skills and safety. The classes are divided into the following skill levels to reduce class size and increase the level of individual attention.

PIKE- Attend class without parent and learn to adjust to the water and develop independent movement in the water. Skills that are taught: paddle stroke, kicking skills, pool safety, blowing bubbles and putting their face in the water.

EEL- Reinforcement of Pike skills and are taught to flutter kick, dive, float and perform progressive paddle stroke.

RAY At this level the child will review previous skills and gain endurance by swimming on their front and back and learn to tread water.

STARFISH At this level the child reviews previous skills and refines their crawl and breaststrokes and floating skills. The child will be able to swim 25 yards on their front and back as well as underwater.

Instructor to Student Ratio 1:4



# Y

YOUTH-  
Ages 6-12

Each skill levels build upon the preceding level with 6 levels covering all the strokes, diving fundamentals, water safety skills and character development.

POLLIWOG This is for children who cannot swim, or only a small distance by themselves. They will learn basic swimming and safety skills. They will practice kicking on their back & front, and learn to swim on their front, back and side.

SUPER-POLLIWOG- This is for children who are comfortable swimming in the pool. Comfortable putting their face in water, and swimming almost 25 yards without touching the bottom of the pool. Will begin to teach rotary breathing.

GUPPY This class is for children who are able to swim about 25 yards without assistance. They will learn to swim greater distances, and tread in deep water. They will also learn the front crawl with rotary breathing and the back crawl.

MINNOW This class is for children who can already swim the front and back crawl. It will refine their strokes and introduce breaststroke and sidestroke. This class works a lot on endurance and children should be able to swim 50 yards of each stroke.

FISH- The child perfects front crawl and back crawl. They will also learn breaststroke, sidestroke and elementary backstroke.

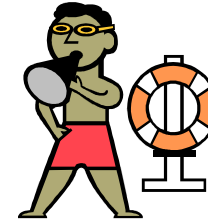
FLYING FISH This is the advanced level. The students refine their strokes and diving.

SHARK Continuing improving their strokes with starts and turns and butterfly. This group is an introduction to swim team and lifeguarding.

Instructor to Student Ratio 1:6



# GENERAL INFORMATION



# N

ow that you know what we are going to teach, you now probably wonder who will be teaching you. Our staff at

the Goldsboro YMCA have over 20 years of combined swimming lesson experience. We are all enthusiastic about teaching and having fun in the water.

Here is a list of things you need to know about all of our group swim lessons:

- 1 Parents please arrive for lessons 5-10 minutes early. This will help ensure starting and ending class in a timely manner.
- 2 Bring a swim suit and towel.
- 3 We have showers in the general locker room for your convenience.
- 4 There are lifeguards on duty at all times.
- 5 Have children sit on the metal bleachers in the pool area with their swim suit on. Pre-school and Parent Tot classes will be taught in the Warm Water Pool, while Youth and Adult lessons will be in the Main pool.
- 6 If there is thunder and lightning a safety day lesson will be held in place of pool time.
- 7 Bring lots of energy and get ready for lots of fun!

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

# **P** RIVATE



**LESSONS**- We offer private swim lessons for a cost of \$80.00 for Y members and \$120.00 for Non-members. You will get eight, 30 minute sessions with your instructor.

**FOR ALL AGES**  
Offered all year around.

## Semi-Private Lessons

We offer Semi-Private lessons for \$65.00 for Y members and \$105.00 for Non-Members. You receive eight 30 minute sessions for up to Three children with one instructor.

**FOR ALL AGES**

### Lesson Prices

	<u>Member</u>	<u>Non member</u>
8 sessions - 30 minutes		
Parent Tot	\$40	\$80
Preschool	\$50	\$90
Private	\$80	\$120
8 sessions - 45 minutes		
Youth	\$50	\$90
Adult	\$50	\$90

**FOR MORE INFORMATION**

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## Summer 2010 Lesson Schedule

### PARENT CHILD CLASS

Monday and Wednesday

6/14 & 7/12  
9:00 - 9:30 am



### Preschool Lessons

Monday thru Thursday

Classes are offered at both times for 30 minutes

8:30 AM & 5:30 PM **Lil Pike**

9 AM, 4:00 & 4:30 PM **Pike**

9:30 AM & 5:00 PM **Eel**

8:30 AM & 6:00 PM **Ray/Starfish**



### Youth Lessons

Monday thru Thursday

Classes are offered at both times for 45 minutes



9:00 AM & 4:00 PM **Polliwog**

10:00 AM **Super Polliwog**

9:45AM & 4:45PM **Guppy**

10:30 & 5:30 **Minnow/ Fish**

### Summer Sessions

During the summer we offer lessons for four different sessions for four days a week, two weeks to equal eight lessons.

**Session 1** June 14th- 24th

**Session 2** June 28th- July 8th

**Session 3** July 12th - July 22nd

### Swim Assessment

Swim tests are offered to children to help determine which class they are most suited for. It is important for each child to be placed in the appropriate level. Children who are regis-



**GOLDSBORO  
FAMILY  
YMCA**

**Swimming  
Lessons  
Summer**

