



YMCA YARMOUTH Swim Lessons Fall 2018

Yarmouth YMCA
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Building healthy communities

L'IL DIPPERS CLASS DESCRIPTIONS

SPLASHER (*Infant–18 months, parent-assisted*): Skills—Introduces parent and child to a positive aquatic environment where they can have fun and get comfortable being in the water.

BUBBLER (*18 months–3 years, parent-assisted*): Skills—More familiarity with the pool environment and the instructor, play with other children, some pool safety rules.

BOBBER (*3–5 years, parent-assisted*): Skills—Exploration of the aquatic environment, group activity, jumping from the pool deck. Lessening of air in water wings is introduced.

FLOATER (*3–5 years, parent-assisted*): Skills—Movement towards water independence with basic swimming techniques, blowing bubbles, putting face in water and more submersion. Air in water wings is further decreased.

GLIDER (*3–5 years, parent-assisted*): Skills—Introduction to breath control, front and back float. Water wings are used occasionally (if at all).

DIVER (*3–5 years, parent-assisted*): Skills—Proper inhalation and prolonged submersion, under water swimming with assistance when required. No water wings are used.

SURFER (*3–5 years*): Skills—Enhanced swim techniques and improved endurance, jumping from poolside with little or no assistance. Swimming under water with little or no assistance.

LEARN TO SWIM CLASS DESCRIPTIONS

OTTER: Skills—submersion and gliding, back glides, front glides and side glides, face in water blowing bubbles, following rules, jumping in

SEAL: Skills—kicking and rolling submersion of whole body for 5 sec, gliding and rolling to the sides deep water activities

DOLPHIN: Skills: swimming under water, vertical kicking in deep water, glides with kicking and rolling, sculling, kneeling dives, swim in clothes and lots more!

SWIMMER: Skills—underwater swimming, front crawl initial standard, back crawl initial standard, sculling, bobbing in deep water, water polo skills, water safety, swim in clothes, treading water.

STAR SWIM CLASS DESCRIPTIONS

STAR 1: Skills— front and back crawl initial standard,(part 2), elementary backstroke initial standard (whip kick on back), eggbeater introduced, swim of 75 meters

STAR 2: front and back crawl intermediate standard, Breaststroke initial standard (whip kick on front), distance swim of 100 meters and more.

STAR 3: Skills—front and back crawl advanced standard, elementary backstroke intermediate standard, distance swim of 200m, eggbeater, dolphin kick and more.

STAR 4: Breast Stroke Intermediate standard, side stroke initial standard, Rookie H2O proficiency, 350m endurance swim teaching about floating component added

NEW STAR LEADERSHIP PROGRAM!

Advanced Star classes geared toward creating young leaders in every aspect of aquatics. These classes are full of activities with basic lifesaving, endurance skills, new sports such as synchro and water polo. They will also learn the basics of teaching swim lessons, aquatic fitness and lifesaving. This is a change from the previous Star program given in the past.

STAR 5: Skills—Rookie first aid, beginner lifesaving, positive teaching techniques, create and teach a game, advanced breast stroke, intermediate side stroke, Water safety of choice. Aquatic fitness moves in deep water and shallow water.

STAR 6: Skills— Advanced Strokes, intermediate butterfly and advanced sidestroke, synchro and water polo skills, Ranger first aid, progressions for swim lessons and learning how to teach others, demonstrate an aquatic fitness routine, and more!

POOL POLICIES

- No spectators on deck.
- Bathing caps are mandatory.
- Children under 6 must always be accompanied by an adult.
- Where necessary, children can have water wings or other PFDs.
- Children who aren't toilet trained must wear a diaper covered by a plastic/rubber pant or a disposable diaper designed for use in water.
- If desired, infants can wear a light-colored t-shirt over their bathing suits to help them retain heat.

CHANGE ROOM POLICIES

- Adult change rooms— for individuals 18 years of age and older only.
- Boys and Girls change rooms - for individuals 17 years of age and younger, adults assisting a child 17 or younger of the same gender and adults with a child of the opposite gender 3 years or younger.
- Family/Special needs— for individuals with mobility limitations and adults with children of the opposite gender, or children who can't use youth change rooms for whatever reason.

CANCELLATION POLICY

REFUND POLICY

- Refunds or credits after the start of the session will be issued for medical reasons only. All requests must be accompanied by a doctor's note.

MAKE-UP CLASSES

- There are no make-up classes for group lessons unless the missed class is due inclement weather or a YMCA cancellation.
- Make-ups for private lessons are only possible for medical reasons (with a doctor's note) and are based upon instructor availability.

L'IL DIPPERS PROGRAM - 0 to 5 years (10 weeks)

The YMCA Li'l Dippers program is a multi-level, values-based water activity program designed to introduce preschool-aged children to the water in a fun, safe and supportive environment. The skills learned in Li'l Dippers are diverse, progressive and complimentary to the Learn to Swim program. Parents must accompany child in water except for surfers

Fee: \$40.00 Members, \$60.00 Non-members

LEARN TO SWIM PROGRAM - 6 to 12 years (10 weeks)

The YMCA Learn to Swim program is a four-level instructional program that introduces a series of easy to learn skills to the non-swimmer in a values-based environment. Successful completion of the four-level progressions indicates that the learner is capable of performing a variety of skills in shallow and deep water, including the fundamentals of the front and back crawl stroke.

Fee: \$ 53.00 Members, \$83.00 Non-members

STAR PROGRAM (10 weeks)

The YMCA Star program includes stars 1-4 and introduces the swimmer to a wide variety of swimming and water activity skills in a values-based environment. The Star program improves swimming ability, furthers water sport and safety skills, and develops endurance and new strokes.

Fee: \$53.00 Members, \$83.00 Non-members

SCHEDULE—L'IL DIPPERS, LEARN TO SWIM & STAR

Class	Wed	Fri	Sat	Fall start
Splashers			9:00 am	Sept 15th
Bubblers			9:30 am	Sept 15th
Bobbers			10:00 am	Sept 15th
Gliders/ Divers			11:00 am	Sept 15th
Surfers			11:30 am	Sept 15th
Floater			10:30 am	Sept 15
Otter	4:00 pm		11:30am and 12:00pm	Sept 15th and 19th
Seal	4:00 pm		12:00pm	Sept 15th and 19th
Dolphin	4:00 pm		10:00am and 11:30am	Sept 15th and 19th
Swimmer	4:00 pm		10:00am	Sept 15th and 19th
Star 1 & 2	4:30 pm		10:30am	Sept 15th and 19th
Star 3 & 4	4:30 pm		11:00am	Sept 15th and 19th

LEADERSHIP PROGRAM STAR 5,6 (10 weeks)

This **45 minute** program includes Stars 5-6 and introduces swimmers to beginner lifesaving skills, endurance swimming, synchro skills and water polo skills. Learning to assist with a lesson and a lifeguard. Rookie and ranger first aid. This is a good stepping stone to move on to Bronze Medallion and further your lifesaving skills. Must be 10 to register for Star 5 and 6. We are not offering Star 7 at this time. Classes are 45 minutes in length!

Starts Sept 17th
Monday6:00–7:00pm

Fee: \$68.00members, \$95.00.00 non members

PRIVATE LESSONS (5 weeks)

YMCA private swim lessons are designed for swimmers who desire weekly one-on-one instruction. There are two 5-week Sessions available .You can register for both at once!

First 5-week Session Starts	Second 5-week Session Starts
Monday Sept 17th	Monday Nov 5th
Tuesday Sept 18th	Tuesday Nov 6th
Friday Sept 21st	Friday Nov 9th

Monday 6:30pm-7:00pm
7:00 pm-7:30 pm
7 :30 pm-8:00 pm
8:00 pm-8:30 pm

Tuesday 4:00 pm-4:30 pm
4:30 pm-5:00 pm
5:00 pm-5:30 pm

Friday 4:00 pm-4:30 pm
4:30 pm-5:00 pm
5:00 pm-5:30 pm

Fee: \$76.00 Members, \$96.00 Non-members
Fall classes start Monday Sept 17th

JUNIOR WHITECAPS (8 weeks)

The Junior Whitecaps is an eight-week program open to children 6 to 13 years old who want to acquire the basic skills necessary to join the Whitecaps Swim Team. See the Whitecaps brochure for more details.

Thursday 4:00 pm-4:45 pm

Fee: \$38.00 Members, \$48.00 Non-members

- Fall classes begin Thursday Sept 20th(subject to change)
- THIS CLASS MAY NOT BE RUN DUE TO INSTRUCTOR AVAILABILITY. WE WILL ADVISE AS SOON AS POSSIBLE

Bronze Medallion and Bronze Cross (10 weeks and more if needed)

These lifesaving courses are the pre requisites to becoming a lifeguard. The course will be Monday nights. Students will learn lifesaving skills and first aid to prepare them to be lifesavers as well as prepare them for the next level of Lifeguard. Classes will be taught both in and out of the water.

Pre requisites:
Bronze Medallion– Must be 13 years of age
Bronze Cross– Must be 14 years of age and have completed Bronze Medallion. If 14, combined courses are offered.
Birth certificate must be presented at time of registration.

Monday7:00 pm-8:30pm

Fee: \$150.00 Members and \$170.00 Non-members
Fall classes start Sept 17th **depending on enrollment.**

REGISTRATION INFORMATION

Fall 2018

- Member registration: Aug 25th
- Open registration: Sept 1st
- Lessons begin: Sept 15th
- Winter 2019 registration: members December 20th non-members, December 27th

Registration must be done in person unless paying by credit card, in which case you can register by phone at 742-7181.



Fish fact: The pool is 20 yds (18.5 m) in length, four ft (1.2 m) deep in the shallow end, and 9 ft (2.7 m) in the deep end.

