

AQUATIC PROGRAMS

SWIMMING LESSONS

**DOWNTOWN YMCA
& PIERSON ROAD FAMILY YMCA**
SESSION 1: September 19th – October 29th

DOWNTOWN YMCA
SESSION 2: November 3rd – December 17th
(NO CLASS November 24th & December 3rd)

PIERSON ROAD FAMILY YMCA
SESSION 2: October 31st – December 17th
(NO CLASS November 22nd-26th)



REGISTRATION OPENS

SESSION 1
YMCA MEMBERS • August 15th
NON MEMBERS • August 22nd

SESSION 2
YMCA MEMBERS • October 3rd
NON MEMBERS • October 10th

Y MEMBER FEE • \$40
NON-MEMBER FEE • \$65

SWIMMING LESSONS AT THE YMCA OF GREATER FLINT

PARENT/CHILD LESSONS	DOWNTOWN Y	PIERSON ROAD FAMILY Y
PARENT/CHILD • This class is designed to help you and your infant or toddler adapt to the water together. Swimmers will learn to be comfortable and safe in the water.	Thursday • 5:00-5:30pm Saturday • 10:00-10:30am	Monday • 5:00-5:30pm Saturday • 10:00-10:30am
PRESCHOOL LESSONS AGES 3-5	DOWNTOWN Y	PIERSON ROAD FAMILY Y
PIKE • Students are taught rudimentary front and back strokes, learn water safety, blow bubbles, float, learn core values and have fun! Enrollment Expectations: Follow directions and be comfortable in the water.	Thursday • 5:45-6:30pm Saturday • 10:45-11:15am	Mon or Thurs • 6:00-6:30pm Tuesday • 5:30-6:00pm Saturday • 9:30-10:00am or 11:30am-12:00pm
RAY • Learn front and back crawl, how to tread water, elementary backstroke and breaststroke introduced, increasing endurance, and have fun! Enrollment Expectations: Can swim about 20 yards independently.	Thursday • 6:30-7:00pm Saturday • 11:30am-12pm	Mon • 5:30-6pm or Thur • 5-5:30pm Tuesday • 6:00-6:30pm Saturday • 9:00-9:30am or 11:00-11:30am
STARFISH • Mastery of front/back crawl, sidestroke, elementary backstroke and breaststroke with increased distance. Enrollment Expectations: Can swim >25 yards independently using different strokes.		Tues • 5-5:30pm or Thur • 5:30-6pm Saturday • 10:30-11:00am
YOUTH LESSONS AGES 6-10	DOWNTOWN Y	PIERSON ROAD FAMILY Y
POLLIWOG I • Students are taught front and back strokes, how to float, learn water safety, gain confidence as well as play games. Enrollment Expectations: Follow directions and be comfortable in the water.	Thursday • 5:45-6:30pm Saturday • 11:00-11:45am	Mon • 5-5:45pm or Thur • 5-5:45pm Tues • 5-5:45pm or 5:45-6:15pm Saturday • 11:00-11:45am
POLLIWOG II • Students will learn front/back crawl, how to breathe in the water to swim 20 yards independently and may be introduced to elementary backstroke. Enrollment Expectations: Confidence in water and the ability to follow directions.	Thursday • 5:45-6:30pm Saturday • 11:00-11:45am	Mon • 5:45-6:30pm or Thur • 5:45-6:30pm Saturday • 10:00-10:45am
GUPPY • Students learn front/back crawl, sidestroke, elementary backstroke, may be introduced to breaststroke, confident in deep water, rhythmic breathing. Enrollment Expectations: Controlled body movement in the water, confidence.	Thursday • 5:00-5:45pm Saturday • 10:00-10:45am	Mon • 5-5:45pm or Thur • 5:45-6:30pm Saturday • 9:00-9:45am
MINNOW • Students learn free, back and breast strokes, increase distance, use proper technique, as well as learn to stay safe near water. Enrollment Expectations: Can swim long distances using basic strokes.	Thursday • 5:00-5:45pm Saturday • 10:00-10:45am	Monday • 5:45-6:30pm
YOUTH LESSONS AGES 10-14	DOWNTOWN Y	PIERSON ROAD FAMILY Y
FISH • Further refinement of rotary breathing and strokes including butterfly, increasing distance, treading, and introduction to surface dives and other skills. Enrollment Expectations: Can swim long distances using all strokes, except butterfly.	Thursday • 6:30-7:15pm Saturday • 12:00-12:45pm	
SHARK • Butterfly stroke introduced, open turns, long distances to increase stamina, as well as mastery of other strokes. Enrollment Expectations: Can swim long distances, surface/standing dives and tread.	Thursday • 6:30-7:15pm Saturday • 12:00-12:45pm	
YOUNG ADULT • This class is designed to meet the individual needs to each participant. Beginners will learn to enjoy the water, work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance and improving strokes technique.		Tuesday • 5:45-6:30pm
ADULT LESSONS AGES 14+	DOWNTOWN Y	PIERSON ROAD FAMILY Y
ADULT • This class is designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes and lap swimming skills. Advanced swimmers will focus on increasing endurance and improving strokes techniques.	Thursday • 6:30-7:15pm Saturday • 12:00-12:45pm	Wednesday • 5:45-6:30pm