

AQUATIC PROGRAMS

SWIMMING LESSONS

**DOWNTOWN YMCA
& PIERSON ROAD FAMILY YMCA**

SESSION 1:

Saturday Classes: January 6 – February 10

Monday – Thursday Classes: January 8 – February 15

SESSION 2:

Saturday Classes: February 17 – March 29

Monday – Thursday Classes: February 19 – March 24

SESSION 3:

Saturday Classes: April 14 – May 19

Monday – Thursday Classes: April 9 – May 17

Y MEMBER FEE • \$40

NON-MEMBER FEE • \$65



REGISTRATION OPENS

SESSION 1

YMCA MEMBERS • December 11

NON-MEMBERS • December 18

SESSION 2

YMCA MEMBERS • January 22

NON-MEMBERS • January 29

SESSION 3

YMCA MEMBERS • March 5

NON-MEMBERS • March 12

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 • 5-5:30pm Saturday • 10-10:30am	Monday • 5:00-5:30pm Saturday • 10-10:30am or 11:30am-12:00pm
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 water.	Thursday • 5:45-6:30pm Saturday • 10:45-11:15am	Monday • 5-5:30pm or 6-6:30pm Thursday • 5-5:30pm Saturday • 9:30-10am
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 • 6:30-7pm Saturday • 11:30am-12pm	Monday • 5:30-6pm Thursday • 6-6:30pm 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.		Thursday • 5:30-6:00pm 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 • 6-6:45pm Saturday • 11-11:45am	Monday • 5:00-5:45pm Thursday • 5:00-5:45pm Saturday • 11:00-11:45am
POLLIWOG II • Students will learn front/back crawl, how to breathe in the water, and may be introduced to elementary backstroke, and swim 20 yards independently. Enrollment Expectations: Confidence in water, and the ability to follow directions.	Thursday • 6-6:45pm Saturday • 11-11:45am	Monday • 5:45-6:30pm Thursday • 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 • 5-5:45pm Saturday • 10-10:45am	Monday • 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 • 5-5:45pm Saturday • 10-10:45am	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 • 7-7:45pm Saturday • 12-12:45pm	
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 • 7-7:45pm Saturday • 12-12:45pm	
YOUNG 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 technique.		Thursday • 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 technique.	Thursday • 7-7:45pm Saturday • 12-12:45pm	Wednesday • 5:45-6:30pm