

# AQUATIC PROGRAMS

## SWIMMING LESSONS

### DOWNTOWN &

### PIERSON ROAD FAMILY YMCA

**SESSION 1:** January 5th– February 14th

**SESSION 2:** February 16th –April 5th  
(No class the week of March 25th– March 30th)

**SESSION 3:** April 13th– May 23rd

Each session lasts 6 weeks (1 class/ week)



**YMCA Members: \$45**

**Community Members: \$70**

## REGISTRATION OPENS

### SESSION 1

**YMCA Members:** December 17th

**Community Members:** December 24th

### SESSION 2

**YMCA Members:** January 21st

**Community Members:** January 28th

### SESSION 3

**YMCA Members:** March 4th

**Community Members:** March 11th

## SWIMMING LESSONS AT THE YMCA OF GREATER FLINT

PARENT/CHILD LESSONS	DOWNTOWN Y	PIERSON ROAD Y
<b>PARENT/CHILD</b> • 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.	Saturday • 10:00-10:30am	Saturday • 10:00-10:30am
PRESCHOOL LESSONS AGES 3-5	DOWNTOWN Y	PIERSON ROAD Y
<b>PIKE</b> • Students are taught rudimentary front and back strokes, learn water safety, blow bubbles, float, learn core values and have fun! <b>Enrollment Expectations:</b> Follow directions and be comfortable in water.	Saturday • 11:00-11:30am	Mon• 6:00-6:30pm Thursday • 5:00pm-5:30pm Saturday • 9:30-10:00am
<b>RAY</b> • Learn front and back crawl, how to tread water, elementary backstroke and breaststroke introduced, increasing endurance, and have fun! <b>Enrollment Expectations:</b> Can swim about 20 yards independently.	Saturday • 12:00-12:30am	Thur • 6:00- 6:30pm Saturday• 9-9:30am
<b>STARFISH</b> • Mastery of front/back crawl, sidestroke, elementary backstroke and breaststroke with increased distance. <b>Enrollment Expectations:</b> Can swim >25 yards independently using different strokes.		Thur • 5:30PM-6pm
YOUTH LESSONS AGES 6-10	DOWNTOWN Y	PIERSON ROAD Y
<b>POLLIWOG I</b> • 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.	Saturday • 11:00-11:45am	Mon • 5-5:45pm or Thur • 5-5:45pm Saturday • 11:00-11:45am
<b>POLLIWOG II</b> • 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.	Saturday • 11:00-11:45am	Mon • 5-5:45pm or Thur • 5:45pm-6:30pm or Saturday • 10:00-10:45am
<b>GUPPY</b> • 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.	Saturday • 10:00-10:45am	Mon • 5:45-6:30pm Saturday • 9:00-9:45am
<b>MINNOW</b> • 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.	Saturday • 10:00-10:45am	Monday • 5:45-6:30pm
YOUTH LESSONS AGES 10-14	DOWNTOWN Y	PIERSON ROAD Y
<b>FISH</b> • 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.	Saturday • 12:00-12:45am	
<b>SHARK</b> • 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.	Saturday • 12:00-12:45am	
<b>YOUNG ADULT</b> • 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.		Wednesday • 5:30-6:15pm
ADULT LESSONS AGES 14+	DOWNTOWN Y	PIERSON ROAD Y
<b>ADULT</b> • 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.	Saturday • 12:00-12:45am	Wednesday • 5:30-6:15pm