

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Maxwell Creek Swim Lessons 2010

Tuesday, Wednesday, Thursday, and Friday

Afternoon Lessons

2:30 p.m. Pike
Eel

3:00 p.m. Polliwog
Guppy

3:30 p.m. Pike
Ray/ Starfish

Evening Lessons

6:00 p.m. Pike
Eel

6:30 p.m. Polliwog
Guppy

7:00 p.m. Pike
Minnow

Lesson Cost: \$42.00 per session

LESSON DATES

Session 1: June 22- July 2

Session 2: July 6- July 16

Session 3: July 20-30

Session 4: August 3- August 13

ROCKWALL FAMILY YMCA ★ 1210 N. GOLIAD ★ ROCKWALL, TX 75087 ★ 972-772-9622 WWW.ROCKWALLYMCA.ORG

FINANCIAL ASSISTANCE IS AVAILABLE, PLEASE ASK FOR DETAILS.

YMCA MISSION: TO PUT CHRISTIAN VALUES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND,
AND BODY FOR ALL.

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YMCA Swim Lesson Skill Levels

Preschool (3-5 years)

Pike (30 minute lesson)

This class is designed for beginners. Children have the opportunity to adjust to the water and develop independent movement through the water.

Eel (30 minute lesson)

This class is designed for children who are comfortable putting their faces in the water and who can swim horizontally 5 feet unassisted. Children are taught to float, kick, dive and perform progressive arm movements across the pool on front and back.

Ray/Starfish (30 minute lesson)

A class for children who can swim horizontally across the pool 15-20 feet on their front and back with their face in the water. This level works on building endurance, rotary breathing, and teaches treading water.

Youth (6 years & up)

Polliwog (30 minute lesson)

This is a beginner level class for those uncomfortable with the water. This class teaches basic water skills including gliding with face in the water, floating, and kicking. Breath control is also an emphasized component.

Guppy (30 minute lesson)

A child that can swim 15-20 feet horizontal and unassisted with their face in the water can enter this level. This class teaches swimming on front, back, side, and emphasizes rhythmic breathing.

Minnow (30 minute lesson)

A child must be able to swim 25 yards on their front and back to enter this level. This level will enhance the previous skills as well as teach breaststroke and introduce butterfly.

Make up lessons will be held on the Saturday immediately following the lesson missed at the same time as the original lesson.