

Y SWIM LESSONS TM

We build strong kids, strong families, strong communities.

Parent/Child Program

Ages 6 Mos. - 36 mos.

These parent/child water enrichment classes focus on water adjustment and orientation by promoting safety and fun in and around the water. Activities include songs, games and instruction to help your child become more comfortable kicking, blowing bubbles, and floating on front and back in the water. (plastic swim diaper required)

Pikes

Beginning – No Prior swimming experience necessary. This level allows preschoolers to begin a self-discovery of the water. Lessons include a basic understanding of pool safety. Following skills required to advance to next level:

- Confidently enter and submerge completely under water
- Blow Bubbles with nose and mouth
- Walk away from wall, turn, and grab wall (with assistance)
- Float on back and stomach (with assistance)

Eels

Intermediate – For preschoolers who have mastered Pike skills. Following skills required to advance to the next level:

- Perform multiple bobs, breathing in between
- Paddle on front and back (with assistance)
- Kicking without float belt
- Prone float with little or no assistance

Pollwogs

Ages 6-7

No prior swimming experience necessary, however, if a child enrolling at this level is afraid of the water, please inform the Head Life Guard. Following skills required to advance to the next level:

- Front and back float
- Paddle on front, side and back
- Perform multiple bobs
- Tread water for 10-20 seconds

Guppies

Taught in shallow end of deep pool. Following skills required to advance to next level:

- Front and back float for 1 minute
- Tread water for 20-30 seconds
- Jump into deep water, paddle stroke for 15 feet
- Perform 10 bobs in deep water
- Swim 25 yards front crawl stroke, side stroke, backstroke
- Perform kneeling dive (with assistance)

Mimnows

Refines the front crawl and introduces the back crawl and endurance swimming. Following skills required to advance to the next level:

- Tread water for 1 minute using scissors kick
- Swim 25 yards crawl stroke
- Swim 25 yards breast stroke
- Swim 25 yards side stroke
- Swim 25 yards back crawl stroke and elementary backstroke

NON-PROFIT
ORG.
PRSRST STD
PERMIT NO.332
STOCKTON CA

YMCA of San Joaquin County
6135 Tam O' Shanter Dr.
Stockton, Ca 95210

Y YMCA-Lincoln Y



Summer Swim Lessons

\$55.00 per session



June 14th – August 5th



A.T.I. _____



Child's Name: Last		First	School	M or F	
Street Address		City	State	Zip	Child's Age
Name of Parents		Date of Birth		*Home Phone	
Work Phone#		*Email Address			
Emergency Contact			Emergency Contact Day Phone		

Parent/Child Session 1
June 14- 18 & June 21 – 24
Session Times
4:00 pm 5:15pm 6:15pm

Pike Session 1
June 14- 18 & June 21-24
Session Times
3:30pm 4:30pm 5:45pm

Eels Session 1
June 14- 18 & June 21 – 24
Session Times
3:30pm 5:15pm 6:15pm

Polliwog Session 1
June 14- 18 & June 21 – 24
Session Times
4:00pm 4:30pm 5:45pm

Guppies Session 1
June 14- 18 & June 21 – 24
Session Times
4:00pm 5:45pm

Minnow Session 1
June 14- 18 & June 21 – 24
Session Times
3:30pm 6:15pm

Parent/Child Session 2
June 28– July 1 & July 5 – 8
Session Times
4:00pm 5:15pm 6:15pm

Pike Session 2
June 28– July 1 & July 5 – 8
Session Times
3:30pm 4:30pm 5:45pm

Eels Session 2
June 28– July 1 & July 5 – 8
Session Times
3:30pm 5:15pm 6:15pm

Polliwog Session 2
June 28– July 1 & July 5 – 8
Session Times
4:00pm 4:30pm 5:45pm

Guppies Session 2
June 28– July 1 & July 5 – 8
Session Times
4:00pm 5:45pm

Minnow Session 2
June 28– July 1 & July 5 – 8
Session Times
3:30pm 6:15pm

Parent/Child Session 3
July 12 – 15 & July 19 - 22
Session Times
4:00pm 6:15pm

Pike Session 3
July 12 – 15 & July 19 - 22
Session Times
3:30pm 4:30pm 5:45pm

Eels Session 3
July 12 – 15 & July 19 - 22
Session Times
3:30pm 5:15pm 6:15pm

Polliwog Session 3
July 12 – 15 & July 19 - 22
Session Times
4:00pm 4:30pm 5:45pm

Guppies Session 3
July 12 – 15 & July 19 - 22
Session Times
4:00pm 5:15 pm 5:45pm

Minnow Session 3
July 12 – 15 & July 19 - 22
Session Times
3:30pm 6:15pm

Parent/Child Session 4
July 26 – 29 & Aug 2-5
Session Times
4:00pm 6:15pm

Pike Session 4
July 26 – 29 & Aug 2-5
Session Times
3:30pm 4:30pm 5:45pm

Eels Session 4
July 26 – 29 & Aug 2-5
Session Times
3:30pm 5:15pm 6:15pm

Polliwog Session 4
July 26 – 29 & Aug 2-5
Session Times
4:00pm 4:30pm 5:45pm

Guppies Session 4
July 26 – 29 & Aug 2-5
Session Times
4:00pm 5:15 pm 5:45pm

Minnow Session 4
July 26 – 29 & Aug 2-5
Session Times
3:30pm 6:15pm