

Y SWIM LESSONS™

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. Teaches basic paddle stroke, kicking skills, pool safety and comfort with holding their faces in the water.

Eels

They are taught to kick, dive, float and perform the progressive paddle stroke.

Ray

Improve stroke skills, learn more and build endurance swimming on their front and back.

Starfish

Continued work on side breathing and stroke development.

Polliwogs

Ages 6-14

No prior swimming experience necessary, however, if a child enrolling at this level is afraid of the water, please inform the Head Life Guard. This level will teach a variety of paddle strokes, kicking skills

Guppies

Beginning level II, stroke development, front and back, rudimentary breathing, jumping into deep water and learn to tread water.

Mimnows

Advanced beginner level, front crawl with rotary breathing, backstroke, introduction to breaststroke and sidestroke.

Fish

Intermediate level, front crawl with turns, breaststroke, advanced backstroke with turns, introduction to butterfly stroke.

Flying Fish Advanced intermediate level, refining all strokes in their proper sequence. Introduce water polo and synchronized skills.

Adult Lessons may be available. Please call the YMCA for more information.

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 OAK PARK Y



**Summer
Swim Lessons**
\$55.00 per session



June 14th – August 5th



A.T.I. _____



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

Please circle the session time you prefer.

Session 2	June 29– July 2 & July 6 – 9	Session Times					
Parent/Child		11:45am		3:45pm		5:15pm	
Pike/Eel	10:30am 11:15am	11:45am	3:00 pm	3:45pm	4:30pm	5:15pm	
Ray/Starfish	10:30am 11:15am	11:45am	3:00 pm	3:45pm	4:30pm		
Polliwog	10:30am 11:15am	11:45am	3:00 pm	3:45pm		5:15pm	
Guppies		11:15am	3:00pm		4:30pm	5:15pm	
Minnow	10:30am 11:15am		3:00pm		4:30pm		
Session 3	July 13 – 16 & July 20 - 23	Session Times					
Parent/Child		11:45am		3:45pm		5:15pm	
Pike/Eel	10:30am 11:1am	11:45am	3:00 pm	3:45pm	4:30pm	5:15pm	
Ray/Starfish	10:30am 11:15am	11:45am	3:00pm	3:45pm	4:30pm		
Polliwog	10:30am 11:15am	11:45am	3:00pm	3:45pm		5:15pm	
Guppies/Minnows		11:15am	3:00pm		4:30pm	5:15pm	
Flying Fish/Fish	10:30 am 11:15am		3:00pm		4:30pm		
Session 4	July 27-30 & Aug 3-6	Session Times					
Parent/Child				4:30pm	5:15pm	6:00pm	
Pike/Eel			3:45pm	4:30pm			
Ray/Starfish			3:45pm	4:30pm	5:15pm	6:00pm 6:45pm	
Polliwog			3:45pm	4:30pm	5:15pm	6:00pm 6:45pm	
Guppies/Minnow			3:45pm	4:30pm	5:15pm	6:00pm 6:45pm	
Fish/Flying Fish					5:15pm	6:00pm 6:45pm	
Session 5	Aug 10-13 & Aug17-20	Session Times					
Parent/Child				4:30pm	5:15pm	6:00pm	
Pike/Eel			3:45pm	4:30pm			
Ray/Starfish			3:45pm	4:30pm	5:15pm	6:00pm 6:45pm	
Polliwog			3:45pm	4:30pm	5:15pm	6:00pm 6:45pm	
Guppies/Minnow			3:45pm	4:30pm	5:15pm	6:00pm 6:45pm	
Fish/Flying Fish					5:15pm	6:00pm 6:45pm	
Session 6	Aug 24-27 & Aug31-3	Session Times					
Parent/Child						6:00pm	
Pike/Eel							
Ray/Starfish			3:45pm	4:30pm	5:15pm	6:00pm	
Polliwog			3:45pm	4:30pm		6:00pm 6:45pm	
Guppies/Minnow			3:45pm	4:30pm	5:15pm	6:45pm	
Fish/Flying Fish					5:15pm	6:45pm	
Session 7	Saturdays July 10-31	Session Times	Saturday sessions are 1 hour classes.				
Parent/Child	10:00am	11:00am					
Pike/Eel	10:00am	11:00am					
Ray/Starfish	10:00am	11:00am					
Polliwog	10:00am	11:00am					
Guppies/Minnow	10:00am	11:00am					
Session 8	Saturdays Aug 7-28	Session Times	Saturday sessions are 1 hour classes.				
Pike/Eel	10:00am	11:00am					
Ray/Starfish	10:00am	11:00am					
Polliwog	10:00am	11:00am					
Guppies/Minnow	10:00am	11:00am					
Fish/Flying Fish	10:00am	11:00am					