

## AQUATICS CLASS DESCRIPTIONS

### Parent/Child (Ages 6 months – 3 years)

The primary objective of this class is to get both you and your child comfortable in the water. Classes are designed for parents to help guide their children in learning aquatics skills.

### Pike (Ages 3-5)

This level is designed for new swimmers, teaching basic paddle strokes and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding their face in the water while blowing bubbles and swimming. Ratio 1-4

### Eel (Ages 3-5)

This class reinforces the techniques that are taught in Pike with an independent twist. This level is where the swimmers have the confidence to swim with and without assistance of IFDs or PFDs for a total distance of at least 3 yards with their faces in the water. Ratio 1-4

### Ray (Ages 3-5)

This level is geared for swimmers that have mastered all of the skills that are taught in the previous levels. The swimmer is required to swim without a flotation device for a minimum of 5 yards in the lap pool. Ratio 1-4

### Starfish (Ages 3-5)

This class is where swimmers refine their stroke and incorporate the new skill of side-breathing. Children are required to swim 10 yards and to the bottom of the pool independently. Ratio 1-4

### Polliwog (Ages 6-14)

This is the beginning level for school-age children. Here, the swimmers become acquainted with the pool, taught the fundamentals of floating, pool safety, and rudimentary skills of swimming with and without the use of IFDs and PFDs. Ratio 1-5

### Guppy (Ages 6-14)

This class designed for swimmers to develop their strokes and build their stamina in order to swim nearly the length of the pool. They are introduced to the front and back crawl, side-stroke, breaststroke, and elementary backstroke. Ratio 1-5

### Minnow (Ages 6-14)

This is the initial intermediate level which is taught in a lap lane. Swimmers are expected to swim the length of the pool while further polishing their four main strokes: backstroke, breaststroke, butterfly, and freestyle. Ratio 1-6

### Fish (Ages 6-14)

This class is designed for children who have the knowledge to swim all strokes correctly. They are introduced to the turns for each. Ratio 1-6

### Flying Fish (Ages 6-14)

This level is for swimmers who have the desire to swim multiple laps at one time and want to fully develop their endurance, strokes, and techniques. Ratio 1-6

### Adult Swim Lessons (Ages 14+)

This class is for both beginning and intermediate students. Adults who don't feel at ease in the water or who would like to work on stroke development and endurance should enroll in this class. Non-swimmers are taught basic swimming skills and water safety. Skills taught are based on class needs. Ratio 1-6

### Swordfish Youth Swim Team

#### • Varsity Swordfish (10-16 years old, Minnow+)

Swimmers will gain speed, strength, and an understanding of competition. Varsity will concentrate on faster starts, turns, and stroke efficiency techniques to increase their lap times. Participants must complete Minnow level and/or swim evaluation (50 yards continuously using side-breathing) prior to registration.

#### • Junior Varsity Swordfish (5-9 years old, Starfish+)

Swimmers will continue to develop and strengthen all of their strokes and techniques previously learned in Group Swim Lessons and begin focusing on performing on a competitive level. JV will work on endurance and efficient stroke technique, turns, and starts with in-water coaching. Participants must complete Starfish level and/or swim evaluation (25 yards of continuous side-breathing) prior to registration.

#### Fee: Facility Members Program Members

Monthly	\$55	\$70
Seasonally*	\$165	\$210

\* Winter Season (Jan. 3 - March 29), Tuesdays/Thursdays 4 - 5 pm

### Private Swim Lessons (Ages 3+)

Private swim lessons are designed to provide personal instruction and help to improve stroke technique, enhance ability, and improve endurance and strength. Lessons are taught according to your ability and skill level. Private lessons are available to swimmers ages 3 and up, and each lesson is 30 minutes. Private swim lessons can be taught one-on-one or in a semi-private group (up to 2 swimmers). Semi-private swim lesson participants should find similarly skilled partners; we do not match swimmers for semi-private lessons.

#### Fee: Facility Members Program Members

<b>1 Class</b>	\$45 private	\$60 private
	\$38 semi-private*	\$45 semi-private*
<b>4 Classes</b>	\$168 private	\$228 private
	\$99 semi-private*	\$129 semi-private*
<b>8 Classes</b>	\$320 private	\$440 private
	\$175 semi-private*	\$235 semi-private*

\*Fee for semi-private lessons is per swimmer

### AQUATICS HOTLINE • 650 429 1355

Updated daily with pool hours, classes, and lap lane availability.

If you have questions or comments, please contact Andrew Matthews at 650 429 1320 or [amatthews@ymcasv.org](mailto:amatthews@ymcasv.org).



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEACHING VALUES ONE LAP AT A TIME

## Group Swim Lessons EL CAMINO YMCA



### WINTER 2012

At the Y, our swim lessons build skills, confidence and character. We teach people of all ages and abilities how to be safe in the water while exercising and having fun. Whether you're splashing around with us for the first time or improving your technique, you will feel secure knowing that the Y is here to support you.

# GROUP SWIM LESSONS

## Winter Session

MON/WED	TUES/THURS	SAT
<b>3:15 pm</b>		
Pike Eel Ray Polliwog Guppy Minnow	Pike Eel Ray Polliwog Guppy Minnow	Parent/Child
<b>4:15 pm</b>		
Pike Eel Ray Starfish Guppy Fish	Pike Eel Swim Team (4-5pm)	Parent/Child Ray Starfish Polliwog Guppy
<b>5:15 pm</b>		
Pike Eel Ray Polliwog Minnow Flying Fish	Pike Eel Ray Polliwog Minnow Fish	Parent/Child Starfish Polliwog Fish Adult
<b>6:15 pm</b>		
Pike Eel Starfish Guppy Fish Adult	Pike Eel Starfish Guppy Fish Adult	Pike Eel Ray Guppy Minnow Flying Fish
<b>1:15 pm</b>		
		Pike Eel Starfish Polliwog Guppy Fish
<b>2:15 pm</b>		
		Pike Eel Ray Minnow Flying Fish Adult



# GROUP SWIM LESSONS

## Winter Session 1

Registration opens November 30  
 January 30 - February 22 (Mon/Wed)  
 January 31 - February 23 (Tues/Thurs)  
 February 4 - March 24 (Sat)

## Winter Session 2

Registration opens December 27  
 February 27 - March 21 (Mon/Wed)  
 February 28 - March 22 (Tues/Thurs)

# FEES & REGISTRATION

Session 1	Facility	Program
Mon/Wed	\$90	\$120
Tues/Thur	\$90	\$120
Saturday	\$90	\$120

Session 2	Facility	Program
Mon/Wed	\$90	\$120
Tues/Thur	\$90	\$120

Register at our Member Services Desk or online at <https://reg.ymcasv.org/>. Registration begins two months before the session start date and ends seven days before the session start date.

### ENROLLMENT

We reserve the right to cancel and/or combine classes due to low enrollment. Class will not be held with less than two participants.

### BEFORE CLASS

Please bring your child to the YMCA in a swimsuit and have him/her use the restroom. Restrooms are located at the end of the hallway overlooking the pools. Please do not change children in the lobby or on the pool deck. When the lobby door opens 5 minutes prior to the start of class, escort your child to the sign for his/her level. Leave towels, shoes, and other personal items on the grassy area by the lifeguard stand.

### DURING CLASS

You may watch your child from our lobby. Only students and staff are permitted on the pool deck during swim lessons. If your child needs to use the restroom during a lesson, we will escort him/her to you.

### AFTER CLASS

We will call "towel time" and open the lobby door and ask that you escort your child into the lobby as quickly as possible.

### POTTY TRAINING

Swim diapers are required for any child who is not potty-trained. We require a non-disposable swim diaper with a vinyl lining. Huggies® disposable swim diaper is not permitted.

### TRANSFERS

There is a \$20 processing fee for all transfer requests. A Program Change form, available at our Member Services Desk, is required for all transfers. Classes may be transferred up to 5 days prior to the session start date. If we deem your child better suited for a different level, we will do our best to accommodate a class transfer and no processing fee will be assessed.

### CANCELLATION/REFUNDS

A Program Change form, available at our Member Services Desk, is required for all cancellations. Cancellations received after the session start date will result in a credit based upon a prorate of the remaining lessons minus a \$20 processing fee. Cancellations received within 7 days prior to the session start date are eligible for a credit of the registration fee.

Refunds will be issued only due to illness and a doctor's note is required. Classes may be cancelled due to low enrollment. We will do our best to accommodate another time slot; if we cannot, we will refund you in full. There are no refunds, credits or make-ups for missed classes or for unforeseen events, including but not limited to, earthquakes, thunder or lightning. Pool shut-downs for health and safety risks will result in a credit for the value of that day's lesson.

Make-ups are not permitted for missed classes due to illness or vacation; attendance to other classes is not allowed.