

# REGISTRATION INFORMATION



## SWIM LESSON GUIDELINES

- Shower before entering the pool.
- Pull long hair back in a braid, ponytail or swim cap.
- Swim suits and/or swim shorts must be worn.
- No swimsuits with built-in life jackets.
- Swimmers who are not potty trained must wear swim diapers under swimsuits.
- Parent/guardian must accompany any child and present valid membership card/ID when entering the Y.
- Children under age twelve (12) must have a parent/guardian present in the YMCA while swim lessons are in progress.

## SESSIONS

Swim sessions include eight (8) – 40 minute classes. New pricing effective for all lessons beginning June 1

|            |                         |       |
|------------|-------------------------|-------|
| <b>FEE</b> | <b>Program Members*</b> | \$180 |
|            | <b>Facility Members</b> | \$99  |

\*Plus \$35 Annual Program Membership Fee

**LOCATION** **EL CAMINO YMCA**  
2400 Grant Road  
Mountain View, CA 94040  
650-969-9622  
elcaminoymca.org

## TO REGISTER

Complete the Swim Lessons registration form (one form per participant). Cash, checks and credit cards accepted at registration.

**Deadline to register is two days prior to the start of the session.** Registration past this deadline must be approved by our Aquatics Director.

Register online at [elcaminoymca.org](http://elcaminoymca.org)

## YMCA OF SILICON VALLEY LOCATIONS:

**CENTRAL YMCA**  
1717 The Alameda  
San Jose, CA 95126  
408-298-1717  
ymcasv.org/central

**NORTHWEST YMCA**  
20803 Alves Drive  
Cupertino, CA 95014  
408-257-7160  
nwymca.org

**PALO ALTO FAMILY YMCA**  
3412 Ross Road  
Palo Alto, CA 94303  
650-856-9622  
paloaltofamilyymca.org

**SOUTH VALLEY FAMILY YMCA**  
5632 Santa Teresa Blvd.  
San Jose, CA 95123  
408-226-9622  
southvalleyymca.org

**MT. MADONNA**  
171 W. Edmundson Ave.  
Morgan Hill, CA 95037  
408-782-2128  
mt.madonnaymca.org

**EAST VALLEY FAMILY YMCA**  
1975 S. White Road  
San Jose, CA 95148  
408-715-6500  
evymca.org

**LEWIS AND JOAN PLATT EAST PALO ALTO FAMILY YMCA**  
550 Bell Street  
East Palo Alto, CA 94303  
650-328-9622  
epaymca.org

**SEQUOIA YMCA**  
1445 Hudson Street  
Redwood City, CA 94601  
650-368-4168  
sequoiaymca.org

**SOUTHWEST YMCA**  
13500 Quito Road  
Saratoga, CA 95070  
408-370-1877  
swymca.org

**YMCA CAMP CAMPBELL**  
16275 Highway 9  
Boulder Creek, CA 95006  
831-338-2128  
ymcacampcampbell.org



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# BUILDING CONFIDENCE WITH A SPLASH

**SWIM LESSONS**  
**Sessions 7-9, 2018**  
**EL CAMINO YMCA**

# SWIM LESSONS



Our Swim Lessons include five components—personal growth, personal safety, rescue skills, stroke development, fun and games – that help kids of all ages develop confidence in, and out, of the water. Swimmers are grouped by age and ability, and our certified instructors ensure each swimmer has an overall positive experience and gains skills that will help him/her succeed in the pool and beyond.

## PARENT/CHILD AGES 6–36 MONTHS

### STAGE A: WATER DISCOVERY

**Ratio 1:6** Introduces infants and toddlers to the aquatic environment. Children and parents learn basic water skills and have fun playing with toys and flotation devices.

**Prerequisite:** Ages 6 months - 16 months

**DAY** Sat  
**TIME** 10:00 am – 10:40 am, 12:30 pm – 1:10 pm

### STAGE B: WATER EXPLORATION

**Ratio 1:6** Focuses on water safety. Parents work with their children on body positions, floating, blowing bubbles, and aquatic skills.

**Prerequisite:** Ages 16 months - 36 month

**DAY** Sat  
**TIME** 11:30 am – 12:10 pm

## PRESCHOOL AGES 3–5

### STAGE 1: WATER ACCLIMATION

**Ratio 1:4** Learn to safely exit in the event of falling into a body of water. Build water confidence for future swimming skills.

**Prerequisite:** Beginner

**DAY** Mon/Wed • Tue/Thu  
**TIME** 3:15 pm – 3:55 pm, 5:45 pm – 6:25 pm

**DAY** Sat  
**TIME** 10:00 am – 10:40 am, 10:45 am – 11:25 am, 1:15 pm – 1:55 pm

### STAGE 2: WATER MOVEMENT

**Ratio 1:4** Teaches control, ability to change directions, and forward movement. Learn to safely exit in the event of falling into a body of water.

**Prerequisite:** Able to float and comfortable putting face in water.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 4:00 pm – 4:40 pm, 5:45 pm – 6:25 pm

**DAY** Sat  
**TIME** 10:45 am – 11:25 am, 11:30 am – 12:10 pm

### STAGE 3: WATER STAMINA

**Ratio 1:4** Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

**Prerequisite:** Able to swim free and backstroke over short distances.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 5:00 pm – 5:40 pm, 6:30 pm – 7:10 pm

**DAY** Sat  
**TIME** 11:30 am – 12:10 pm, 1:15 pm – 1:55 pm

### STAGE 4: STROKE INTRODUCTION

**Ratio 1:6** Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

**Prerequisite:** Able to swim 10 yards and to the bottom of the pool independently.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 5:00 pm – 5:40 pm

**DAY** Sat  
**TIME** 10:45 am – 11:25 am, 12:30 pm – 1:15 pm

## SCHOOL AGES 6–12

### STAGE 1 & 2: WATER ACCLIMATION & MOVEMENT

**Ratio 1:4** Learn to safely exit in the event of falling into a body of water. Focus on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

**Prerequisite:** Beginner

**DAY** Mon/Wed • Tue/Thu  
**TIME** 4:00 pm – 4:40 pm, 5:00 pm – 5:40 pm

**DAY** Sat  
**TIME** 10:00 am – 10:40 am, 12:30 pm – 1:10 pm, 2:00 pm – 2:40 pm

### STAGE 3: WATER STAMINA

**Ratio 1:4** Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

**Prerequisite:** Able to swim free and backstroke over short distances.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 3:15 pm – 3:55 pm, 6:30 pm – 7:10 pm

**DAY** Sat  
**TIME** 10:00 am – 10:40 am, 12:30 pm – 1:10 pm

### STAGE 4: STROKE INTRODUCTION

**Ratio 1:6** Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

**Prerequisite:** Able to swim 10 yards and to the bottom of the pool independently.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 4:00 pm – 4:40 pm, 5:45 pm – 6:25 pm

**DAY** Sat  
**TIME** 10:45 am – 11:25 am, 2:00 pm – 2:40 pm

### STAGE 5: STROKE DEVELOPMENT

**Ratio 1:6** Learn all major competitive strokes. Introduction to treading water and sidestroke.

**Prerequisite:** Able to swim 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 3:15 pm – 3:55 pm

**DAY** Sat  
**TIME** 11:30 am – 12:10 pm, 1:15 pm – 1:55 pm

## ADULT AGES 13+

### STAGE 1 & 2: WATER ACCLIMATION & MOVEMENT

**1:4 Ratio** Focuses on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

**Prerequisite:** Beginner

**DAY** Mon/Wed • Tue/Thu  
**TIME** 5:45 pm – 6:25 pm

**DAY** Sat  
**TIME** 1:15 pm – 1:55 pm

### STAGE 3 & 4: WATER STAMINA & STROKE INTRODUCTION

**1:6 Ratio** Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

**Prerequisite:** Able to swim free and backstroke over short distances.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 6:30 pm – 7:00 pm

**DAY** Sat  
**TIME** 2:00 pm – 2:40 pm

## SESSION DATES

|                             |         |                 |
|-----------------------------|---------|-----------------|
| <b>SESSION 7</b>            | Mon/Wed | Aug. 20–Sep. 19 |
|                             | Tue/Th  | Aug. 21–Sep. 20 |
|                             | Sat     | Aug. 4–Sep. 22  |
| <b>*NO CLASSES SEP. 3-6</b> |         |                 |
| <b>Session 8</b>            | Mon/Wed | Sep. 24–Oct. 17 |
|                             | Tue/Th  | Sep. 25–Oct. 18 |
|                             | Sat     | Sep.29–Nov. 17  |
| <b>Session 9</b>            | Mon/Wed | Oct. 22–Nov.14  |
|                             | Tue/Th  | Oct. 23–Nov.15  |