



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING CONFIDENCE WITH A SPLASH

SUMMER SWIM LESSONS
May – August 2017
EAST VALLEY FAMILY 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.

Ages 6 months - 16 months

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.

Ages 16 months - 36 month

PRESCHOOL AGES 3–5

STAGE 1 & 2: 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: None

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.



SCHOOL AGES 6–12

STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT

Ratio 1:6 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: None

STAGE 3: WATER STAMINA

Ratio 1:6 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.

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.

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.

STAGE 6: STROKE MECHANICS

1:6 Ratio Develops stroke techniques on all major competitive styles. Learn about competitive swimming. Discover how to incorporate swimming into a healthy lifestyle.

Prerequisite: Able to swim 25 yards in freestyle with side-breathing, backstroke, breaststroke kick, side stroke and 15 yard butterfly. Swimmer must be able to perform a kneeling dive into the deep end.

ADULT AGES 13+

STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT

1:6 Ratio Focuses on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

Prerequisite: None

STAGE 3: WATER STAMINA AND STROKE INTRODUCTION

1:6 Ratio 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.

SESSION SCHEDULE

LOCATION: MT. PLEASANT HIGH SCHOOL (OUTDOORS)

(4) Four days a week: Monday - Thursday

MAY - AUG	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Registration Begins:	May 22 nd	May 22 nd	June 26 th	June 26 th
Session Dates:	6/12 to 6/22 (8 classes)	6/26 to 7/6 (7 classes) *no class 7/4	7/10 to 7/20 (8 classes)	7/24 to 8/3 (8 classes)
Class Times	*Not all Stages are available during all class times			
Group Lessons:	10:00a-10:30a, 10:40a-11:10a, 11:20a-11:50a			

LOCATION: EAST VALLEY FAMILY YMCA (INDOORS)

(1) One day a week: Sat or Sun

MAY - JUNE	SAT	SUN
Registration Begins: Monday, April 17 th	5/6 to 6/24 (7 classes) *no class 5/27	5/7 to 6/25 (7 classes) *no class 5/28
JULY - AUGUST	SAT	SUN
Registration Begins: Monday, June 26 th	7/1 to 8/19 (8 classes)	7/2 to 8/20 (8 classes)
Class Times	*Not all Stages are available during all class times	
Group Lessons:	11:00a-11:30a, 11:40a-12:10p, 12:20p-12:50p	
Private Lessons:	1:00p-1:30p	
Adult Lessons:	10:20a-10:50a	
Parent/Child:	10:20a-10:50a	

(2) Two days a week: Mon/Wed or Tue/Thur

MAY	MON/WED	TUE/THUR
Registration Begins: Monday, April 17 th	5/1 to 5/22 (7 classes)	5/2 to 5/23 (7 classes)
JUNE	MON/WED	TUE/THUR
Registration Begins: Monday, May 22 nd	6/5 to 6/28 (8 classes)	6/6 to 6/29 (8 classes)
JULY	MON/WED	TUE/THUR
Registration Begins: Monday, June 26 th	7/3 to 7/26 (8 classes)	7/6 to 7/27 (7 classes)
AUGUST	MON/WED	TUE/THUR
Registration Begins: Monday, July 24 th	7/31 to 8/23 (8 classes)	8/1 to 8/24 (8 classes)
Class Times	*Not all Stages are available during all class times	
Group Lessons:	4:40p-5:10p, 5:20p-5:50p, 6:00p-6:30p	
Private Lessons:	4:00p-4:30p, 6:35p-7:05p	



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.

PRICING

Swim sessions include eight (8) – 30 minute classes.

FEE

Facility Member:		Program Member:	
Group Lessons	\$115	Group Lessons	\$144*
Private Lessons	\$352	Private Lessons	\$440*
Semi-Private	\$208	Semi-Private	\$264*

*Plus \$35 annual program membership fee

Sessions shorter than 8 classes will be prorated at the time of purchase.

TO REGISTER

Open Registration will begin two weeks prior to the start of each session. Participants may register online or in-person at the front desk. Payment must be submitted at the time of registration.

Please visit our website for details on the session/registration schedules and a full list of our policies.

Register online at evymca.org

EAST VALLEY FAMILY YMCA

1975 S. White Road
San Jose, CA 95148
408-715-6500

OTHER YMCA OF SILICON VALLEY LOCATIONS:

CENTRAL YMCA

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

EL CAMINO YMCA

2400 Grant Road
Mountain View, CA
94040
650-969-9622
elcaminoymca.org

LEWIS AND JOAN PLATT EAST PALO ALTO FAMILY YMCA

550 Bell Street
East Palo Alto, CA
94303
650-328-9622
epaymca.org

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

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

MT. MADONNA

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

YMCA CAMP CAMPBELL

16275 Highway 9
Boulder Creek, CA
95006
831-338-2128
ymcacampcampbell.org