

What level is best for your child?

Each level is based on age and/or skill.

Beginning Level I: **Pike, Eel, Polliwog**
 Beginning Level II: **Ray, Starfish, Guppy**
 Intermediate Level I: **Minnow**
 Intermediate Level II: **Fish**
 Advanced Level I: **Flying Fish**
 Advanced Level II: **Porpoise**

Parent-Child Classes

Age	Parents and children ages 6 months to 3 years
Class duration	30 minutes
Description	This class includes activities such as singing, splashing, and water orientation games to get children familiar with the pool!
Class Times	Sat or Sun 9-9:30am

Pike

Beginning Level I (no previous water experience)

Age	3 to 5 years
Class duration	30 minutes
Description	Designed for children with no previous water experience. A gradual general water orientation utilizing creative water play, breath control, floating basic arm and kicking skills, and safety skills. <i>Instructor/student ratio 1:6</i>
Class Times	M/W, Tu or Th 4-4:30pm, 4:35-5:05pm, 5:10-5:40pm, 5:45-6:15pm, 6:20-6:50pm Sat or Sun 9-9:30am, 9:35-10:05am, 10:10-10:40am, 10:45-11:15am, 11:20-11:50am

Eel

Beginning Level I

Age	3 to 5 years
Class duration	30 minutes
Description	For children who can put their head underwater voluntarily. Introduces symmetrical, front and back paddle skills, breath control, and safety skills. <i>Instructor/student ratio 1:6</i>
Class Times	M/W, Tu or Th 4-4:30pm, 4:35-5:05pm, 5:10-5:40pm, 5:45-6:15pm, 6:20-6:50pm Sat or Sun 9-9:30am, 9:35-10:05am, 10:10-10:40am, 10:45-11:15am, 11:20-11:50am

Ray

Beginning Level II

Age	3 to 5 years
Class duration	45 minutes
Description	Refines the skills learned in Pike and Eel. Introduces rotary breathing and use of personal flotation device (PFD). Includes treading water and elementary backstroke and crawl for 12 yards without assistance. <i>Instructor/student ratio 1:6</i>
Class Times	M/W, Tu or Th 4-4:45pm, 4:55-5:40pm, 5:45-6:30pm Sat or Sun 9:55-10:40am, 10:45-11:30am, 11:40am-12:25pm

Starfish

Beginning Level II

Age	3 to 5 years
Class duration	45 minutes
Description	Gives an overview of skills learned in Ray class. Introduces butterfly and breast stroke with emphasis on water and boating safety and swimming 25 yards without assistance. <i>Instructor/student ratio 1:6</i>
Class Times	M/W, Tu or Th 4-4:45pm, 4:55-5:40pm, 5:45-6:30pm Sat or Sun 9:55-10:40am, 10:45-11:30am, 11:40am-12:25pm

Polliwog

Beginning Level I

Age	6 to 14 years
Class duration	45 minutes
Description	Emphasizes gradual water orientation, breath control, floating, basic arm and kicking skills, survival floating and building confidence. <i>Instructor/student ratio 1:6</i>
Class Times	M/W, Tu or Th 4-4:45 pm, 4:55-5:40pm, 5:45-6:30pm Sat or Sun 9-9:45am (Sat. only), 9:55-10:40am, 10:45-11:30am, 11:40am-12:25pm, 12:30-1:15pm

Guppy

Beginning Level II

Age	6 to 14 years
Class duration	45 minutes
Description	Refines skills learned in Polliwog. Introduces alternative/symmetrical front and back paddle and rotary breathing. Helps build endurance and confidence. <i>Instructor/student ratio 1:6</i>
Class Times	M/W, Tu or Th 4-4:45pm (Tues. only), 4:55-5:40pm, 5:45-6:30pm Sat or Sun 9:55-10:40am, 10:45-11:30am, 11:40am-12:25pm

Minnow

Intermediate Level I

Age	6 to 14 years
Class duration	45 minutes
Description	Mastering front crawl, rotary breathing, and increased endurance. Introduces back crawl, elementary backstroke, and survival skills. <i>Instructor/student ratio 1:8</i>
Class Times	M/W, Tu or Th 4:55-5:40pm, 5:45-6:30pm Sat or Sun 9:55-10:40am, 10:45-11:30am, 11:40am-12:25pm

Fish

Intermediate Level II

Age	6 to 14 years
Class duration	45 minutes
Description	Objectives include learning breaststroke, perfecting front and back crawl, improving survival float, and assisting non-swimmers. <i>Instructor/student ratio 1:10</i>
Class Times	M/W, Tu or Th 4:55-5:40pm Sat or Sun 9:55-10:40am

Flying Fish

Advanced Level I

Age	6 to 14 years
Class duration	45 minutes
Description	Students are ready for additional strengthening and conditioning. <i>Instructor/student ratio 1:10</i>
Class Times	M/W, Tu or Th 5:45-6:30pm Sat or Sun 10:45-11:30am

Porpoise

Advanced Level II

Age	6 to 14 years
Class duration	45 minutes
Description	Students develop competency in swimming, along with confidence and endurance, with competitive drills and workouts. <i>Instructor/student ratio 1:10</i>
Class Times	Sat or Sun 11:40am-12:25pm

Swim Lesson Sessions

M/W
 October 5–October 28, 2009
 November 2–December 2, 2009
 December 7–December 28, 2009
 January 4–January 27, 2010
 February 1–February 24, 2010

Tu
 October 27–December 15, 2009
 January 5–February 16, 2010

Th
 October 29–December 17, 2009
 January 7–February 18, 2010

Sat
 November 7–January 2, 2010
 January 9–February 20, 2010

Sun
 November 8–January 3, 2010
 January 10–February 21, 2010

Group Lesson Fees

Facility Members
 30 min: \$67 45 min: \$98

Program Members
 30 min: \$98* 45 min: \$120*

*Plus \$25 program membership fee paid yearly.

Contact Us

For general YMCA Swim Lesson questions, call East Valley Family YMCA at (408) 715-6500. For specific questions, volunteer opportunities, or special arrangements call Jen Lewis at (408) 715-6521.



East Valley Family YMCA

1975 S. White Road
 San Jose, CA 95148
 (408) 715-6500
 www.evyymca.org



YMCA Aquatics

Adult Swim Lessons
 We offer adult lessons for ages 15 and older. Whether you are at a beginner or intermediate level, we offer adult group swim lessons for you! Each lesson is 45 minutes long.
M/W 6:30-7:15pm
Sat or Sun 9-9:45am

Swim Club

Swim Club practices once or twice each week and is available to those who have passed the Fish level or have been evaluated by the swim club coach prior to registering for this program.
Tu/Th Practices 3:50-4:50pm
Sat Practices 9:00-9:45am
Sun Practices 9:00-9:45am or 12:30 - 1:15pm

Swim Team

Swim Team practices three times each week. This program is only available for facility members. Those interested in joining the swim team must be evaluated by the coach and approved prior to registering. Swimmers will practice competitive drills and build endurance and strength through various drills led by the coach. Swim meets are tentative and will be scheduled when available.
M/W/F 3:30-4:30pm
Fee: \$88/month
 (Facility Members only)

Private and Semi-Private Lessons

Private lessons are one-on-one with an instructor. Semi-private lessons are two participants per instructor. You must register both people, with payment, at time of sign up. Private and semi-private lessons are for adults and children ages 3 and older. • All participants must have a current membership during the entire program session. • Program membership is \$25 annually per participant and is nonrefundable. • Shortly after registering, you will receive a call from the Aquatics department to confirm all details of your lessons. • All private and semi-private lessons are 30 minutes long for seven sessions.

Private Lessons

Fee:
 Facility Member: \$169
 Program Member: \$206

Semi-Private Lessons

Facility Member: \$206
 Program Member: \$229

Session Times

M/W, Tu or Th 3:30pm, 6:30pm
Sat or Sun 12pm, 12:30pm, (1pm by arrangement only)
 *See inside for dates of sessions.



Financial assistance is available. Please call or visit our front desk.

Register now! Space is limited.

Welcome to the **East Valley Family YMCA Aquatics Program**. In this brochure, you will find information about group swim lessons, private and semi-private lessons, and our specialty programs. Our group lessons and private and semi-private lessons run for seven sessions, and are offered twice each week on Mondays and Wednesdays or once each week on Tuesdays, Thursdays, Saturdays or Sunday.



East Valley Family YMCA

Aquatics

October 2009- February 2010

- Enroll** at the Y.
- Engage** with others.
- Enrich** your life.



Enrich.

