



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEACHING VALUES ONE LAP AT A TIME

Swim School 2011-2012  
EAST VALLEY FAMILY YMCA



# WHAT LEVEL IS BEST FOR YOUR CHILD?

Each level is based on age and/or skill.

## PARENT/CHILD

**Age** Parents and children ages 6 months to 36 months  
**Class duration** 30 minutes  
**Description** Includes activities such as splashing, kicking, blowing bubbles, and water orientation games to get children comfortable in the water. Instructor/student ratio 1:15.  
**Class Times** **Sat or Sun** 9:00-9:30 am

## PIKE

**Age** 3 to 5 years  
**Class duration** 30 minutes  
**Description** For children who have no previous water experience. Utilizes creative water play, breath control, safety skills and floating. Introduces basic arm and kicking skills. Instructor/student ratio 1:6.  
**Class Times** **M/W, Tu or Th** 5:00-5:30 pm, 6:00-6:30 pm  
**Sat or Sun** 9:00-9:30 am, 9:35-10:05 am, 10:10-10:40 am, 10:45-11:15 am, 11:20-11:50 am

## EEL

**Age** 3 to 5 years  
**Class duration** 30 minutes  
**Description** For children who can put their head in the water voluntarily. Introduces symmetrical, front and back strokes while reinforcing floating skills, safety skills and breath control. Instructor/student ratio 1:6.  
**Class Times** **M/W, Tu or Th** 5:30-6:00 pm  
**Sat or Sun** 9:55-10:25 am, 11:40am - 12:10pm

## RAY

**Age** 3 to 5 years  
**Class duration** 45 minutes  
**Description** Refines skills learned in Pike and Eel. Introduces rotary breathing and elementary freestyle and backstroke. Instructor/student ratio 1:6.  
**Class Times** **M/W, Tu or Th** 5:00-5:45 pm  
**Sat or Sun** 9:55-10:40 am, 11:40am - 12:25pm

## STARFISH

**Age** 3 to 5 years  
**Class duration** 45 minutes  
**Description** Refines skills learned in Ray with an emphasis on the technique and form of backstroke and freestyle. Instructor/student ratio 1:6.  
**Class Times** **M/W, Tu or Th** 5:45-6:30 pm  
**Sat or Sun** 10:45-11:30 am, 11:40am - 12:25pm

## POLLIWOG

**Age** 6 to 14 years  
**Class duration** 45 minutes  
**Description** Beginning level for children over 6. Emphasizes gradual water orientation, breath control and floating. Introduces basic freestyle and backstroke while building self-confidence. Instructor/student ratio 1:6.  
**Class Times** **M/W, Tu or Th** 5:00-5:45 pm, 5:45-6:30 pm  
**Sat or Sun** 9:00-9:45 am, 9:55-10:40 am, 10:45-11:30 am, 11:40am - 12:25pm

## GUPPY

**Age** 6 to 14 years  
**Class duration** 45 minutes  
**Description** Refines skills learned in Polliwog and introduces symmetrical freestyle, backstroke, rotary breathing and endurance. Instructor/student ratio 1:6.  
**Class Times** **M/W, Tu or Th** 5:00-5:45 pm, 5:45-6:30 pm  
**Sat or Sun** 9:55-10:40 am, 10:45-11:30 am, 11:40am - 12:25pm

## MINNOW

**Age** 6 to 14 years  
**Class duration** 45 minutes  
**Description** For students who have mastered symmetrical freestyle, backstroke, rotary breathing and increased endurance. Introduces the breast stroke. Instructor/student ratio 1:8.  
**Class Times** **M/W, Tu or Th** 5:45-6:30 pm  
**Sat or Sun** 9:55-10:40 am, 10:45-11:30 am, 11:40am - 12:25pm

## FISH

**Age** 6 to 14 years  
**Class duration** 45 minutes  
**Description** Reinforces skills learned in Minnow, perfecting freestyle, backstroke and breast stroke. Introduces the butterfly stroke. Includes endurance drills. Instructor/student ratio 1:10.  
**Class Times** **M/W, Tu or Th** 5:00-5:45 pm  
**Sat or Sun** 9:55-10:40 am

## FLYING FISH

**Age** 6 to 14 years  
**Class duration** 45 minutes  
**Description** Students should know freestyle, backstroke, breast stroke and butterfly and be ready for additional strengthening and conditioning. Upon completion of this class, students should be prepared for Swim Club or Swim Team. Instructor/student ratio 1:10.  
**Class Times** **M/W, Tu or Th** 5:45-6:30 pm  
**Sat or Sun** 10:45-11:30 am

## SWIM SCHOOL POLICIES

- For your safety and security, be sure to present your membership card or a valid picture ID upon entering the Y on each visit.
- Please bring receipt or proof of registration to first day of swim lessons.

## REFUNDS & CREDITS

All cancellations must be submitted in writing prior to the start of the session. Cancellations filed before the start of the session are eligible for a refund, based upon director's approval; however, cancellations are subject to a \$15 processing fee. All cancellation requests filed after the start of session will be charged for the classes that have been missed, regardless of attendance. Fees for missed classes, as well as a \$15 processing fee, will be deducted from the amount paid. The remaining balance will be credited back to your YMCA account for your enrollment in future programs. Refund requests due to medical reasons must be accompanied by a doctor's note for the processing fee to be waived.

## SWIM LEVEL CHANGES & TRANSFERS

Transfers of levels or sessions are only possible if classes are available, and are all subject to a \$15 processing fee.

## MISSED CLASSES

We cannot provide prorated registration fees, credits or refunds for missed classes. Missed classes cannot be rescheduled except in the event of an illness, which requires a doctor's note. However, make-up classes can only be scheduled according to class availability. Missed classes due to acts of nature or other unforeseen circumstances cannot be rescheduled.

## PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Private and/or semi-private lesson cancellations must be made at least 24 hours in advance for a lesson to be rescheduled. ONLY one make-up class per session. Instructor requests are not guaranteed; however, we will make every effort to accommodate you.



## PRIVATE AND SEMI-PRIVATE LESSONS

Private lessons are one-on-one with an instructor. Semi-private lessons are two people per instructor. For semi-private lessons you must register both people, with payment, at time of sign-ups. Private and semi-private lessons are for adults and children ages 3 and older.

- To participate, you must have a current membership during the entire program session.
- Program membership is \$25 annually per person and is nonrefundable.
- All private and semi-private lessons are 30 minutes.

### PRIVATE LESSONS

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

### SEMI-PRIVATE LESSONS

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

### PRIVATE AND SEMI-PRIVATE SESSION TIMES

**Mon/Wed, Tue or Thu**  
4:00 pm, 4:30 pm or 6:30 pm  
**Sat or Sun**  
12:30 pm or 1:00 pm

\*See inside for dates of sessions.

## ADULT BEGINNER SWIM LESSONS

We offer adult lessons for ages 15 and older. Each lesson is 45 minutes.

**Tue or Thu** 6:30-7:15 pm  
**Sat or Sun** 9:00-9:45 am

### FEE

Facility Member \$98/session  
Program Member \$120/session

## SWIM CLUB

Swim Club is designed to help strengthen swimmers who have either passed the Flying Fish level or have been evaluated by the Coach. Swimmers should be comfortable swimming 25 yards of the following: freestyle, backstroke, breast stroke, and butterfly. In this program, swimmers will build endurance and self-confidence while perfecting the technique of each stroke. Swimmers will be introduced to the competitive aspect of swimming by learning and practicing flip turns, starts and finishes. Strengthening drills and conditioning exercises will be led by the coach and practice will be held twice a week either on Tuesday and Thursday or Saturday and Sunday.

**Tue & Thu** 4:00-4:55 pm  
**Sat & Sun** 9:00-9:55 am

### FEE

Facility Member \$88/session  
Program Member \$120/session

## SWIM TEAM

Swim Team is a competitive program for swimmers who are looking to build endurance and stamina. Swimmers will be doing conditioning exercises and strengthening drills throughout the entire practice. Swimmers must be able to efficiently swim all four strokes and swimmers must be evaluated by the Coach prior to registering. Swimmers will be introduced to the competitive aspect of swimming by learning and practicing flip turns, starts and finishes. In addition, swimmers will learn how to swim IM's (individual medleys), as well as, relays and races. Practices are held three times each week. Swim meets are tentative and will be scheduled when available.

**Mon, Wed & Fri**  
4:00-4:55 pm

### FEE

\$88/month (Facility Members only)

## SWIM LESSON SESSIONS

Please check one.

### Mon/Wed

- July 25 - August 15, 2011
- August 22 - September 14, 2011  
(No class September 5)
- September 19 - October 10, 2011
- October 17 - November 7, 2011
- November 28 - December 19, 2011
- January 9 - January 30, 2012
- February 1 - February 22, 2012
- February 27 - March 19, 2012
- March 26 - April 16, 2012
- April 23 - May 14, 2012
- May 21 - June 13, 2012  
(No class May 28)
- June 18 - July 11, 2012  
(No class July 4)

### Tue

- July 26 - September 6, 2011
- September 13 - October 25, 2011
- November 1 - December 20, 2011  
(No class November 22)
- January 10 - February 21, 2012
- February 28 - April 10, 2012
- April 17 - May 29, 2012
- June 5 - July 17, 2012

### Thu

- July 28 - September 8, 2011
- September 15 - October 27, 2011
- November 3 - December 22, 2011  
(No class November 24)
- January 12 - February 23, 2012
- March 1 - April 12, 2012
- April 19 - May 31, 2012
- June 7 - July 19, 2012

\*\*\* These classes have been prorated for your convenience.

### Sat

- July 23 - September 3, 2011
- September 17 - October 29, 2011
- November 5 - December 17, 2011\*\*\*  
(6 classes | No class November 26)
- January 7 - February 18, 2012
- February 25 - March 31, 2012\*\*\*  
(6 classes)
- April 14 - May 26, 2012
- June 2 - July 14, 2012

### Sun

- July 24 - September 4, 2011
- September 18 - October 30, 2011
- November 6 - December 18, 2011\*\*\*  
(6 classes | No class November 27)
- January 8 - February 19, 2012
- February 26 - April 1, 2012\*\*\*  
(6 classes)
- April 15 - May 27, 2012
- June 3 - July 15, 2012

## 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, volunteer opportunities, or special arrangements call East Valley Family YMCA Aquatics Department at 408 715 6500.

## REGISTRATION FORM

(One form per person; online registration also available)

Name \_\_\_\_\_

Email \_\_\_\_\_

Please add me to your email list to receive your branch newsletter.

All reminders prior to the first class session may be sent via email. We will not share your email with a third party.

Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_       Male  Female      Age \_\_\_\_\_

Level \_\_\_\_\_ Day/s \_\_\_\_\_ Time \_\_\_\_\_

Session Dates \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Day Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

I have read the details included here and understand the cancellation and make-up policy.

X

Signature \_\_\_\_\_ Date \_\_\_\_\_

LESSON FEE: \_\_\_\_\_ \$ \_\_\_\_\_

PROGRAM MEMBERSHIP: \$25, if not already paid \$ \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_ \$ \_\_\_\_\_

Return this form (including full payment of fees) to:

**EAST VALLEY FAMILY YMCA, 1975 S. White Rd. San Jose, CA 95148**

### Office Use Only:

Received By: \_\_\_\_\_ Date: \_\_\_\_\_

Payment Type:      Check      Credit Card      Cash