

REGISTRATION INFORMATION



Swim Lesson Guidelines

- Shower before entering the pool.
- Pull long hair back in a braid, ponytail or swim cap.
- Swimsuits 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.

LOCATION

Northwest YMCA

20803 Alves Drive, Cupertino, CA 95014
408-257-7160 | www.nwymca.org

PRIVATE SWIM LESSONS

Please contact:

Jeanelle Bumb
Jeanelle.Bumb@ymcasv.org

TO REGISTER

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 www.nwymca.org

YMCA OF SILICON VALLEY LOCATIONS:

CENTRAL YMCA

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

EAST VALLEY FAMILY YMCA

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

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

MT. MADONNA

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

SEQUOIA YMCA

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

SOUTH VALLEY FAMILY YMCA

5632 Santa Teresa
Blvd., San Jose, CA
95123
408-226-9622
southvalleyymca.org

SOUTHWEST YMCA

13500 Quito Rd.
Saratoga, CA 95070
408-370-1877
swymca.org

YMCA CAMP CAMPBELL

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING CONFIDENCE WITH A SPLASH

SWIM & AQUATICS
October – November 2018
NORTHWEST YMCA

YOUTH SWIM TEAM



DOLPHINS SWIM TEAM

AGES 6-17

The Northwest YMCA Dolphins participate in the YMCA Bay Area Swim Team League, a non-competitive league that focuses on individual performance as well as teamwork. Young swimmers ages 6-17 will have fun and enjoy the satisfaction that comes from dedication and discipline.

SWIM CLUB

AGES 5-13

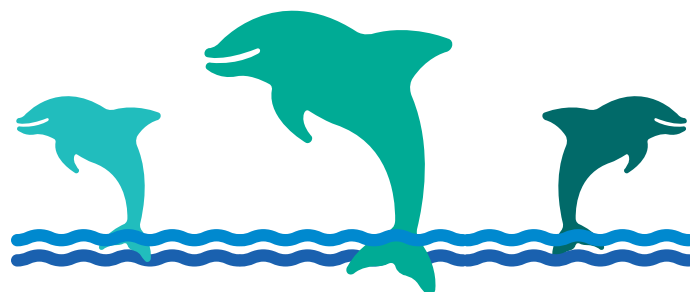
YMCA Youth Swim Club introduces youth to the sport of competitive swimming. The Club focuses on personal best and team sportsmanship rather than competition. Practices focus on endurance, fitness and stroke development.

SWIM MEETS

A calendar will be given out the first day of each month.

SESSION SCHEDULE

	M/W	T/TH	FRI	SAT
Swim Team		6:45-7:45 10/9-11/1 11/6-29*	4:00-5:00 10/12-11/30	8:55-9:55 10/13-12/1
Swim Club	4:30-5:10 10/8-31 11/5-28			



LIFEGUARD TRAINING & CERTIFICATION



PASS THE FOLLOWING THREE-PHASED PHYSICAL COMPETENCY REQUIREMENTS (CONDUCTED IN CLASS ON THE FIRST DAY)

PHASE 1

- Tread water for 2 minutes (legs only)
- Swim 100 yards of front crawl (under 2 minutes)

PHASE 2

- Swim 50 yards of each:
 - » Front crawl with head up
 - » Sidestroke
 - » Breaststroke
 - » Breaststroke with head up
 - » Elementary backstroke kick with hands on the chest
- Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then, swim under water for 15 feet.

PHASE 3

- Starting in the shallow end of the water, sprint a distance of approximately 60 feet, then, perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility).
- Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found.
- Swim the remaining length to the end of pool and hoist yourself out of water.
- Immediately begin compressions on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor.

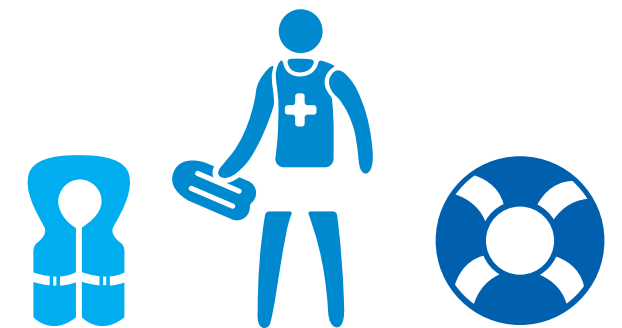
LIFEGUARDING CERTIFICATION CLASSES

This course is designed to provide participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and water park environments.

The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary.

TRAININGS OFFERED FOR SUMMER OF 2019

Dates TBD



To register, please visit WWW.NWYMCA.ORG



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 them succeed in the pool and beyond.

ADULT AGES 13+

STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT

1:5 Ratio Focuses on water adjustment, and developing independent basic arm and kicking movements, and front and back floats.

Prerequisite: Beginner

STAGE 3 & 4: WATER STAMINA AND STROKE INTRODUCTION

1:6 Ratio Develops freestyle and backstroke techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

Prerequisite: Able to swim freestyle and backstroke over short distances.

PRESCHOOL & YOUTH SWIM LESSONS

STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT

Ages 3-5 • Ratio 1:4, Ages 5-12 • Ratio 1:5 Focuses on water adjustment, and developing independent basic arm and kicking movements, and front and back floats.

Prerequisite: Beginner

STAGE 3: WATER STAMINA

Ages 3-5 Ratio • 1:4, Ages 5-12 • Ratio 1:5 Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

Prerequisite: Able to swim freestyle and backstroke over short distances.

STAGE 4: STROKE INTRODUCTION

Ages 5-12 • 1:6 Ratio Develops freestyle and backstroke 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

Ages 5-12 • 1:6 Ratio Learn all major competitive strokes. Introduction to treading water and sidestroke.

Prerequisite: Able to swim 15 yards of these four strokes: freestyle, breaststroke, backstroke and butterfly kick.

SESSION SCHEDULE

Open Registration Begins: **Facility Members: Sept. 10th Program Members: Sept. 17th**

Aug-Oct	MON/WED	MON	TUES	WED	THUR	FRI	SAT
	10/8-10/31 11/5-11/28	Adult Only 10/8-11/26	10/9-11/27	Adult Only 10/10-11/28	10/11-11/29*	Summer 2019	10/13-12/1

CLASS TIMES

	MON/WED	MON	TUES	WED	THUR	FRI	SAT
PS Stages 1-3	3:45-4:25pm 4:30-5:10pm 5:15-5:55pm 6:00-6:40pm		3:45-4:25pm 4:30-5:10pm 5:15-5:55pm 6:00-6:40pm		3:45-4:25pm 4:30-5:10pm 5:15-5:55pm 6:00-6:40pm	Summer 2019	9:15-9:55am 10-10:40am 10:45-11:25am 11:30-12:10pm
Youth Stages 1-4	3:45-4:25pm 4:30-5:10pm(no Stage 4) 5:15-5:55pm 6:00-6:40pm		3:45-4:25pm 4:30-5:10pm 5:15-5:55pm 6:00-6:40pm		3:45-4:25pm 4:30-5:10pm 5:15-5:55pm 6:00-6:40pm	Summer 2019	10-10:40am 10:45-11:25am 11:30-12:10pm
Youth Stage 5	3:45-4:25pm 5:15-5:55pm 6:00-6:40pm		3:45-4:25pm 4:30-5:10pm 5:15-5:55pm 6:00-6:40pm		3:45-4:25pm 4:30-5:10pm 5:15-5:55pm 6:00-6:40pm	Summer 2019	10-10:40am 10:45-11:25am 11:30-12:10pm
Adult Stages		Stage 1 & 2 6:00-6:40pm	Stage 3 & 4 6:00-6:40pm	Stage 1 & 2 6:00-6:40pm	Stage 3 & 4 6:00-6:40pm		Stage 1 & 2 9:15-9:55am Stage 3 & 4 11:30-12:10pm

PRIVATE SWIM LESSONS

Private swim lessons provide individual instruction, enhance personal abilities, and improve stroke technique, endurance and strength. Lessons are taught according to your ability and skill level.

SEMI PRIVATE SWIM LESSONS

Semi-private swim lessons include two swimmers and one instructor. Participants should find similarly skilled partners; we do not match swimmers for semi-private lessons.



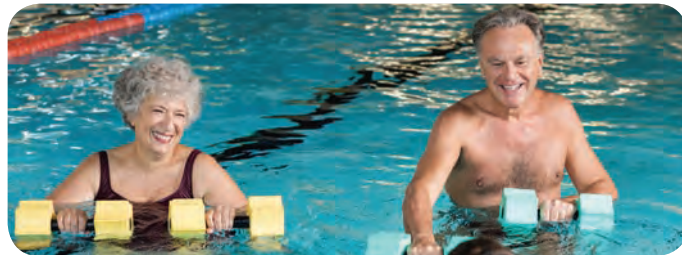
Updated August 15

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AQUA FITNESS CLASSES



CLASS DESCRIPTIONS

Water group exercise classes are a wonderful alternative to "land" exercises. With water exercise, there is less impact on your joints, and you still receive the same cardiovascular workout.

AQUA AEROBICS

In this low-impact workout, the pool provides gentle resistance that helps you improve your cardiovascular endurance and build muscle strength. Appropriate for beginners and older adults.

AQUA ZUMBA®

This invigorating water class combines the popularity and benefits of Zumba® with traditional aquatic exercise disciplines. This is a high-intensity, low-impact workout. Appropriate for beginners and older adults.

AQUA EXERCISE FOR ARTHRITIS

This low-impact warm water class is specifically designed for individuals suffering from arthritis to build strength, ease stiff joints and relax sore muscles. Appropriate for beginners and older adults.



SAFETY AROUND WATER PROGRAM



AGES 4-12

Drowning can happen nearly anywhere with standing water. Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

WHAT IS SAW?

This course teaches kids safety and basic swimming skills that help reduce the risk of drowning and builds confidence in and around water.

A typical session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics, like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills



To register, please visit WWW.NWYMCA.ORG

