

PROGRAM		Mon & Wed	Tues & Thurs	Friday Only	Saturday Only	Sunday Only
		Spring I: 2/27 - 4/11 Spring II: 4/23 - 6/6	Spring I: 2/28 - 4/12 Spring II: 4/24 - 6/7	Spring I: 3/2 - 4/13 Spring II: 4/27 - 6/8	Spring I: 3/3 - 4/14 Spring II: 4/28 - 6/9	Spring I: 3/4 - 4/15 Spring II: 4/29 - 6/10
Ages 6-36 mos.	Parent/Child			11:45 am-12:15 pm	1:00-1:30 pm	
	Pike + and Pike (Pike +: ages 24 mos. - 3)	10:15-10:55 am				
Ages 3-5	Eel and Polliwog + (Polliwog +: ages 4-6)	11:00-11:40 am (Spring II only)				
	Pike, Eel and Ray	3:30-4:10 pm 4:15-4:55 pm 5:00-5:40 pm 5:45-6:25 pm 6:30-7:10 pm			9:15-9:55 am 10:00-10:40 am 10:45-11:25 am 11:30 am-12:10 pm 12:15-12:55 pm	2:00-2:40 pm 2:45-3:25 pm 3:30-4:10 pm 4:15-4:55 pm 5:00-5:40 pm
	Starfish	4:15-4:55 pm 5:00-5:40 pm 5:45-6:25 pm			10:00-10:40 am 10:45-11:25 am 11:30 am-12:10 pm	2:45-3:25 pm 3:30-4:10 pm 4:15-4:55 pm
	Polliwog and Guppy	3:30-4:10 pm 4:15-4:55 pm 5:00-5:40 pm 5:45-6:25 pm 6:30-7:10 pm			9:15-9:55 am 10:00-10:40 am 10:45-11:25 am 11:30 am-12:10 pm 12:15-12:55 pm	2:00-2:40 pm 2:45-3:25 pm 3:30-4:10 pm 4:15-4:55 pm 5:00-5:40 pm
Minnow and Fish	3:30-4:10 pm 5:00-5:40 pm 5:45-6:25 pm 6:30-7:10 pm (Tues/Thurs only)			10:00-10:40 am 10:45-11:25 am 11:30 am-12:10 pm 12:15-12:55 pm		
Flying Fish	3:30-4:10 pm 5:00-5:40 pm 5:45-6:25 pm 6:30-7:10 pm (Tues/Thurs only)		3:30-4:10 pm 5:00-5:40 pm 5:45-6:25 pm 6:30-7:10 pm			
Ages 7-17	Swim Team Spring I	4:00-5:00 pm M/W 2/27-4/18	4:00-5:00 pm T/Th 2/28-4/19	4:00-5:00 pm Fri 3/2-4/20	9:00-10:00 am Sat 3/3-4/21	
	Swim Team Spring II	4:00-5:00 pm M/W 4/23-6/13	4:00-5:00 pm T/Th 4/24-6/14	4:00-5:00 pm Fri 4/27-6/15	9:00-10:00 am Sat 4/28-6/16	
Ages 15+	Adult I	6:30-7:10 pm (Wednesday only)	6:30-7:10 pm (Tuesday only)		7:10-7:40 am	
	Adult II		6:30-7:10 pm (Thursday only)		8:30-9:10 am	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GET HEALTHY WITH A SPLASH

Swim Lesson Spring I & II Guide
2/27 - 4/15 & 4/23 - 6/10
NORTHWEST YMCA

PRESCHOOL, YOUTH & ADULTS		
Two Days a Week Mon/Wed or Tues/Thurs 7 weeks; 14 classes Facility Member \$168 Program Member \$218*	One Day a Week Fri or Sat 7 weeks; 7 classes Facility Member \$84 Program Member \$109*	One Day a Week Sun 7 weeks; 6 classes No lesson on 4/8 Facility Member \$72 Program Member \$94*
PARENT/CHILD		ADULT I
One Day a Week Fri or Sat 7 weeks; 7 classes Facility Member \$70 Program Member \$91*		One Day a Week Sat 7:10-7:40am only 7 weeks; 7 classes Facility Member \$70 Program Member \$91*
SWIM TEAM		
Two Days a Week Mon/Wed or Tues/Thurs 8 weeks; 16 classes Facility Member \$220 Program Member \$286*	One Day a Week Fri or Sat 8 weeks; 8 classes Facility Member \$110 Program Member \$143*	
PRESCHOOL, YOUTH & ADULTS		
Two Days a Week Mon/Wed 7 weeks; 13 classes No lesson on 5/28 Facility Member \$156 Program Member \$175*	Two Days a Week Tues/Thurs 7 weeks; 14 classes Facility Member \$168 Program Member \$218*	One Day a Week Fri, Sat or Sun 7 weeks; 7 classes Facility Member \$84 Program Member \$109*
PARENT/CHILD		ADULT I
One Day a Week Fri or Sat 7 weeks; 7 classes Facility Member \$70 Program Member \$91*		One Day a Week Sat 7:10-7:40am only 7 weeks; 7 classes Facility Member \$70 Program Member \$91*
SWIM TEAM		
Two Days a Week Mon/Wed 8 weeks; 15 classes No lesson on 5/28 Facility Member \$207 Program Member \$234*	Two Days a Week Tues/Thurs 8 weeks; 16 classes Facility Member \$220 Program Member \$286*	One Day a Week Fri or Sat 8 weeks; 8 classes Facility Member \$110 Program Member \$143*

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

* A program membership requires an annual fee of \$25 in addition to the fees listed above. Fees and schedules are subject to change.

OUR MISSION

To strengthen our community by improving the quality of life and inspiring individuals and families to develop their fullest potential in spirit, mind and body.



TO REGISTER

Spring I Session

February 27, 2012 – April 15, 2012

Registration Dates:

- **YMCA members and currently enrolled in Winter Session:**
February 6, 7 am – 7 pm
- **General/online registration opens:**
February 8, 7 am – 7 pm

Spring II Session

April 23, 2012 – June 10, 2012

Registration Dates:

- **YMCA members and currently enrolled in Spring I Session:**
April 2, 7 am – 7 pm
- **General/online registration opens:**
April 4, 7 am – 7 pm

To register, pick up a registration form at Member Services or download one from nwymca.org. Checks and credit cards accepted. Deadline to register is five days prior to the start of the session. Registration past this deadline must be approved by our Aquatic Director.

FINANCIAL ASSISTANCE

At the Y, we welcome everyone. Financial assistance for people who need us the most comes from the generous donations we receive from people like you in our Annual Giving Campaign. To apply for financial assistance, download an application online or stop by our Membership Services desk. We handle all applications confidentially.

SWIM LESSON GUIDELINES

All registration fees are non-refundable.

- **Cancellation:** If you need to cancel your registration, be sure to complete a cancellation form available at our front desk. We cannot guarantee a refund or credit. A processing fee may apply. If we cancel a session due to low enrollment, we will make every effort to accommodate your placement in another session. If this is not feasible, you will be issued a credit or refund.

- **Transfers:** Transfers to other sessions may be available if space allows but are not guaranteed. A processing fee may apply.
- **Missed Classes:** If you miss a class, we cannot issue refunds or credits or schedule make-up sessions. In the event of a temporary facility shutdown for health or safety reasons, a make-up class will be scheduled or a credit equal to the value of the cancelled class will be issued.

PARENTAL SUPERVISION

Children under age 14 must have a parent present in the YMCA while swim lessons are in progress.

PHOTOGRAPHY/VIDEOTAPING

Photographs of your child can only be taken on the first and last day of the session. Photos may only include your child. Videotaping is not allowed.

ADDITIONAL INFORMATION

Parent/guardian must accompany child and present valid membership card/ID when entering the Y.

As a courtesy to all participants, students who arrive later than 15 minutes after class starts will be unable to join the class.

Swimmers who are not potty-trained must wear reusable swim diapers under swimsuits.

CONTACT US

For questions, contact:

James Kenoyer

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408 351 2442

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Associate Aquatics Program Director
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SWIM LESSON LEVELS

AGES 6-36 MONTHS

Parent/Child

Parents learn to work with their children in the water. Class focuses on safe water exploration and water adjustment with the help of fun songs and games.

1:10 class ratio

AGES 24 MONTHS-3

Pike + (Beginner)

Pike + is for the beginner who is both familiar with and comfortable in the water. This class offers instruction based on the Pike level.

1:4 class ratio

AGES 3-5

Pike (Beginner)

For the child who has little or no previous water experience. Class focuses on pool safety, water adjustment, proper breathing, and developing independent movement for basic arm strokes and kicking.

1:4 class ratio

Eel (Intermediate Beginner)

For the child who has advanced from Pike and can put their head underwater with ease. Children learn to perform front and back floats and progressive freestyle and backstroke for at least 5 feet without the help of a flotation device.

1:4 class ratio

Ray (Advanced Beginner I)

For the child who can swim basic freestyle and backstroke 5 feet without the help of a flotation device. Children refine their freestyle and backstroke, emphasizing proper side breathing and body positioning.

1:5 class ratio

Starfish (Advanced Beginner)

Provides an overview of skills learned in Ray. Class introduces butterfly and breaststroke, as well as water and boating safety.

1:4 class ratio

AGES 4-6

Polliwog + (Beginner)

Polliwog + is for the beginning swimmer who is comfortable in the water learning in groups. This class offers instruction based on the Polliwog level.

1:5 class ratio

AGES 6-14

Polliwog (Beginner)

For children who cannot swim independently or are afraid of the water. Children learn water adjustment skills and develop independent movements for basic freestyle and backstroke.

1:5 class ratio

Guppy (Advanced Beginner)

Children at this level can swim freestyle and backstroke for 20 feet without a flotation device and while submerging their face in the water. Children learn to float on their front and back and learn side breathing.

1:5 class ratio

Minnow (Intermediate)

Children at this level can swim 25 yards on their front and back without a flotation device. Minnows learn the front crawl, rotary breathing, backstroke, and beginning breaststroke and butterfly.

1:5 class ratio

Fish (Advanced I)

Children at this level can swim 50 yards of breaststroke and butterfly. Swimmers build endurance and refine breaststroke, front crawl, backstroke, and side breathing.

1:5 class ratio

Flying Fish (Advanced II)

Children at this level can swim 75 yards of freestyle with rotary breathing, backstroke, breaststroke, and butterfly. Swimmers work on refining strokes and increasing endurance.

1:5 class ratio

AGES 6+

Private/Semi-private Swim Lessons

Private lessons are taught one-on-one. Semi-private lessons have two participants per instructor. Ideal for swimmers who want personal instruction specific to their needs. Special accommodations will be made on a case-by-case basis.

AGES 7-17

Youth Swim Team

For advanced youth swimmers who completed the Flying Fish level and are very comfortable with freestyle, breaststroke, backstroke and butterfly. Swimmers refine strokes and learn racing skills like starts and flip turns. Noncompetitive, with an emphasis on teamwork.

1:20 class ratio

AGES 15+

Adult I & II

Adult I: For adults who are new to swimming. Class focuses on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

1:4 class ratio

Adult II: For adults who can swim 15 feet with face in the water and without a flotation device. Class reviews and refines side breathing and stroke skills on front and back, and builds endurance.

1:4 class ratio

