



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET HEALTHY WITH A SPLASH

## Swim Lessons PALO ALTO FAMILY YMCA



At the Y, our swim lessons build skills, confidence and character. We teach people of all ages and abilities how to be safe in the water while exercising and having fun. Whether you're splashing around with us for the first time or improving your technique, you will feel secure knowing that the Y is here to support you.

### PARENT/CHILD (6 months - 3 yrs) Infants (6 - 18 months)

Infants will have fun playing, while parents develop an understanding of appropriate infant expectations and skills to encourage skill development.

### Little Splashers (6 months - 3 years)

Enjoy quality time in the water with your child developing social skills and water awareness. The group will be facilitated by an experienced YMCA swim instructor. Included in facility membership.

### PRESCHOOL (Preschool - Kindergarten) Preschool Beginner (Pike/Eel)

Children will learn to move more independently in the pool with a flotation device and feel comfortable putting their face in the water. They will learn to perform the front, back, and side paddle strokes with the assistance of a flotation device.

### Preschool Intermediate (Ray Starfish)

Learn to perform the front, back, and side paddle without the assistance of a flotation device. Children will increase their swimming distances and learn to tread water.

### Financial assistance is available

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. Apply early for financial assistance. Pick up your confidential application at our Member Services Desk.

### YOUTH (Entering 1st - 5th grade) Youth Beginner (Polliwog)

Your child will learn to perform the front, back, and side paddle strokes with or without the assistance of a flotation device.

### Youth Intermediate (Guppy)

Your child will learn to swim introductory front crawl, back crawl, side paddle, breaststroke, and elementary backstroke while becoming comfortable in the deep water.

### YOUTH SWIM CLUB

Youth Swim Club members will learn advanced stroke development through drills and repetition, as well as building team spirit in a low competitive atmosphere. A strong knowledge of swimming is required prior to the first practice.

### Jr. Ducks (Minnow, Grades K - 6)

Develop a more advanced understanding of freestyle, breaststroke, and backstroke. This class introduces competitive starts and turns while focusing on both the fitness and competitive aspects of swimming.

### Ducks (Fish, Grades 1 - 8)

Your child will continue to develop all strokes while focusing on more advanced fitness swimming. This class introduces Butterfly. Youth will learn to follow workouts and understand how to set and track their own fitness goals.

### Advanced Ducks (Flying Fish, Grades 3 - 12)

Focus on competitive swimming techniques while encouraging a healthy lifestyle. Drills will focus on faster starts and turns and more efficient stroke techniques. Participants must be recommended by Swim Club coach.



### PRIVATE SWIM LESSONS (Preschool - Grades 12)

At the Y, we have an experienced and versatile staff that includes long time swim team coaches and individuals with international aquatic experience. Our staff is anxious to teach you everything they know about swimming.

### Private Classes can benefit:

- children who need the extra benefit of one-on-one teaching
- experienced swimmers who want to improve their strokes
- anyone looking to broaden their aquatic experience

Please allow at least two weeks for an instructor to be assigned for your first lesson.

Sessions	Facility Members	Program Members
4 sessions	\$164	\$209
6 sessions	\$246	\$313
6 semi-private sessions	\$164*	\$209*

\*Cost per person

Private Lesson packages expire 6 months after the date of purchase.



## SWIM LESSON SESSION



M/W	T/Th	Sat	No classes on
1/9 - 2/8 2/13 - 3/19 3/26 - 4/25	1/10 - 2/9 2/14 - 3/20 3/27 - 4/26	1/7 - 2/4 2/11 - 3/17 3/24 - 4/21	2/16, 2/18 and 2/20

### PRESCHOOL BEGINNER - PIKE AND EEL (30 minutes)

Day	M/W	T/Th	Sat
Time	4:00 pm 4:35 pm 5:10 pm	3:30 pm 4:05 pm 4:40 pm 5:40 pm 6:15 pm 6:50 pm	9:00 am 9:35 am 10:10 am 11:20 am 11:55 am
Facility Member	\$100	\$100	\$40
Program Member	\$125	\$125	\$55

### PRESCHOOL INTERMEDIATE - RAY AND STARFISH (30 minutes)

Day	M/W	T/Th	Sat
Time	4:00 pm 4:35 pm 5:10 pm	3:30 pm 4:05 pm 4:40 pm 5:40 pm 6:15 pm 6:50 pm	9:00 am 9:35 am 10:10 am 11:20 am 11:55 am
Facility Member	\$100	\$100	\$40
Program Member	\$125	\$125	\$55

### YOUTH BEGINNER - POLLIWOG (40 minutes)

Day	M/W	T/Th	Sat
Time	4:00 pm 5:30 pm	4:50 pm 6:20 pm	9:00 am 10:30 am 12:00 pm
Facility Member	\$120	\$120	\$43
Program Member	\$150	\$150	\$60

### YOUTH INTERMEDIATE - GUPPY (40 minutes)

Day	M/W	T/Th	Sat
Time	4:45 pm	4:05 pm 5:35 pm 7:05 pm	9:45 am 11:15 pm 12:00 pm
Facility Member	\$120	\$120	\$43
Program Member	\$150	\$150	\$60

## PARENT/CHILD CLASSES

### INFANTS (30 minutes)

Days	Session Dates	Time	Facility Member	Program Member
Sat	1/7 - 2/4	10:45 am	\$35	\$50
Sat	2/11 - 3/17	10:45 am	\$35	\$50
Sat	3/24 - 4/21	10:45 am	\$35	\$50

### LITTLE SPLASHERS

Days	Session Dates	Time	Facility Member
M/W	Ongoing	6:15-7:00 pm	No Fee
T/Th	Ongoing	9:00-9:30 am	No Fee

No Lessons: 2/16 and 2/18

## SWIM CLUB SESSIONS

### JR. DUCKS (40 minutes)

Days	Session Dates	Time	Facility Member	Program Member
M/W	1/9 - 3/21	4:00 pm	\$235	\$294
T/Th	1/10 - 3/22	4:55 pm	\$235	\$294
Sat	1/14 - 3/24	10:45 am	\$118	\$147

### DUCKS (50 minutes)

Days	Session Dates	Time	Facility Member	Program Member
M/W	1/9 - 3/21	4:45 pm	\$300	\$340
T/Th	1/10 - 3/22	4:00 pm	\$300	\$340
Sat	1/14 - 3/24	11:30 am	\$150	\$170

### ADVANCED DUCKS (60 minutes)

Days	Session Dates	Time	Facility Member	Program Member
M/W	1/9 - 3/21	5:40 pm	\$360	\$400



Register online at  
<https://reg.ymcasv.org>