



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEACHING VALUES ONE LAP AT A TIME

Swim Lessons  
SEQUOIA YMCA



## LEARN MORE

### TO REGISTER

Register online at [www.sequoiaymca.org](http://www.sequoiaymca.org) or complete a registration form at Sequoia YMCA. Checks and credit cards accepted at registration. Deadline to register is four days prior to the start of each session. If you register past this deadline, a \$10 late fee will be applied.

### FINANCIAL ASSISTANCE

Sequoia YMCA is a nonprofit organization. Membership and programs are open to everyone. Financial assistance is available. To apply, pick up a confidential application at our member services desk or download one online.

### REFUND/CANCELLATION POLICY

- You may receive a credit or refund if you cancel your lessons prior to the first day of class.
- No make-up classes will be issued for missed classes.
- A partial credit may be issued to your account with a doctor's note excusing the participant from swim lessons due to health reasons.
- Credits or refunds will not be issued for a missed class due to an uncooperative participant. You may transfer into another class or private lessons without penalty.
- Classes with fewer than three participants will be rescheduled.

### PROGRESS REPORT

Participants will receive a midterm progress report halfway through the session. Participants also will receive a progress report on the last day of swim lessons.

To ensure your spot in the next class level, consider registering your child for the next session soon after the midterm progress report is released. Use the midterm report to determine the appropriate level.

### ADDITIONAL INFORMATION

- Sequoia YMCA follows the policies and procedures of the YMCA of Silicon Valley Aquatic Standard Operating Procedure.
- Specific instructors are not guaranteed for group swim lessons. To guarantee a specific instructor, please arrange for private or semi-private swim lessons.

### CONTACT US

For Sequoia YMCA Aquatics Program questions, contact the Aquatics Director at (650) 481-1024.

For general questions, call (650) 368-4168.

### SEQUOIA YMCA

1445 Hudson St.  
Redwood City, CA 94061  
(650) 368-4168  
[www.sequoiaymca.org](http://www.sequoiaymca.org)



## PRIVATE LESSONS

Private Lessons are taught one-on-one with a certified and experienced swim instructor, and are set up to cater to your schedule. Semi-private lessons have two participants per instructor. Both participants must enroll and pay for their lesson at time of registration.

Private/Semi-private requests will be processed once payment and registration form are submitted. Once payment has been received, the Aquatics Department will contact you within 72 hours to confirm and schedule your lessons.

Please submit and pay for your private/semi-private swim lessons at least 10 days prior to your target start date.

We will try our best to accommodate requests for specific instructors.

## SWIM TEAM

The Sequoia YMCA Iron Sharks Swim Team, part of the YMCA of Silicon Valley Swim League, focuses on improving individual performance and developing teamwork skills. This team promotes a healthy sense of self-esteem and group interaction guided by the Y's core values of caring, honesty, respect, and responsibility. Swim Team is open to all youth who are able to swim 50 yards continuously using side-breathing.

**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 stroke technique, you'll feel secure knowing that the Y is here to support you.**



# SWIM LESSON LEVELS

## PIKE 3-5 years

An entry level class for children with minimum or no exposure to water. Class objectives include water adjustment, independent floating, and short glides.

## EEL 3-5 years

Students continue to improve on skills learned in Pike. Class objectives include increasing endurance, improving swimming distance, gliding and kicking forward, and water safety.

## RAY/STARFISH 3-5 years

Able to swim independently with overhead arm strokes. Class objectives include improving endurance swimming, side breathing, and developing various strokes.

## POLLIWOG 6-14 years

An entry level class for a first-time swimmer or a swimmer who cannot swim 3 feet freestyle with face in the water. Class objectives include water adjustment, independent floating, and short glides.

## GUPPY 6-14 years

Able to swim independently with overhead arm strokes. Class objectives include developing various strokes, side breathing, and endurance swimming.

## MINNOW 6-14 years

Able to swim 25 yards continuously with overhead arm strokes and side breathing. Class objectives include developing backstrokes and endurance swimming.

## FISH 6-14 years

Able to swim 50 yards continuously in both freestyle and backstroke. Class objectives include increasing endurance and refining breaststroke and freestyle stroke.

## SKIP (PARENT/CHILD) 6 months-2.5 years

Parents learn to work with their children in the water. The class focuses on safe water exploration and water adjustment.

## PRE-PIKE 2-5 years

This class is designed to transition Skip (Parent/Child) participants to Pike class. The focus is on water adjustment and having fun in the pool. No in-water parent participation required. A great class for young children who need more time to prepare and become more comfortable with progressive swim lessons.

## PORPOISE CLUB

Swimmers must complete the Fish swim lesson level before enrolling in this advanced stroke development class. Each class includes comprehensive stroke development taught by an advanced aquatic instructor.

## ADULT 15 and over

A supportive class environment with an emphasis on skill development.



- PRE-SCHOOL 1:6 ratio
- YOUTH 1:8 ratio
- SPECIALTY

# SWIM LESSON SESSIONS

## T/TH

September 7-30

October 5-28

November 2-30

January 4-27

February 1-24

March 1-24

March 29-April 14

May 3-26

June 7-30

No class on Thanksgiving

6 lessons pro-rated

## SAT

September 4-October 23

November 6-December 18

January 8-February 26

March 5-April 23

May 7-June 25

7 lessons pro-rated

## Swim Team

September 1-29

October 4-29

November 1-26

December 1-22

January 3-31

February 2-28

March 2-30

April 1-29

May 2-27

June 1-29

No Swim Team on Labor Day

10 lessons pro-rated

No lessons on Martin Luther King, Jr. Day

13 lessons pro-rated

No Swim Team April 18-22; 10 lessons pro-rated

13 lessons pro-rated

## RCC PRESCHOOL LESSONS

September 1-29

October 4-27

November 1-29

December 1-15

January 3-31

February 2-28

March 2-23

March 28-April 27

May 2-25

June 6-29

No lessons on Labor Day

No lessons on November 24

5 lessons pro-rated

No lessons on Martin Luther King Jr. Day

No lessons April 18-22

# SWIM LESSON TIMES

## PIKE

### T/TH

4:25-4:55pm

6:30-7:00pm

7:05-7:35pm

### SAT

10:00-10:30am

10:30-11:00am

## EEL

### T/TH

3:50-4:20pm

4:25-4:55pm

7:05-7:35pm

7:40-8:10pm

### SAT

10:00-10:30am

## RAY

### T/TH

3:50-4:20pm

6:30-7:00pm

### SAT

10:00-10:30am

## STARFISH

### T/TH

4:25-4:55pm

7:40-8:10pm

### SAT

11:00-11:30am

## POLLIWOG

### T/TH

5:00-5:30pm

7:05-7:35pm

7:40-8:10pm

### SAT

10:00-10:30am

## GUPPY

### T/TH

7:05-7:35pm

7:40-8:10pm

### SAT

11:00-11:30am

## MINNOW/FISH

### T/TH

5:00-5:30pm

6:30-7:00pm

### SAT

11:00-11:30am

## PARENT/CHILD

### T/TH

11:00-11:30am

### SAT

10:30-11:00am

## PORPOISE CLUB

### T/TH

6:30-7:15pm

### SAT

11:30-12:15pm

## ADULT

### T/TH

7:15-8:00pm

### SAT

11:30-12:15pm