



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 or complete a registration form at our Y. 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 apply.

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.
- Once your swim lessons begin, a partial credit to your account only can be issued upon your presenting 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. You may transfer into another class or private lessons without penalty.
- Classes with fewer than three participants will be rescheduled.

PROGRESS REPORT

You will receive a midterm progress report halfway through the session and a final 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. If you wish to have a specific instructor, register for private or semi-private swim lessons.

CONTACT US

For more details about swim lessons, call (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



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 in swim lessons with low student-to-staff ratios.

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.

To secure your enrollment, 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

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



SWIM LESSON LEVELS

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.

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 learning 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.

● PRE-SCHOOL 1:6 ratio

● YOUTH 1:8 ratio

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.

PORPOISE CLUB 6–14 years

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.



SWIM LESSON SESSIONS

T/TH

- May 3 -June 2
- June 7 -30
- July 5 -28
- August 2 -25
- September 6 -29
- October 4 -27
- November 1 -29
- No Class on Thanksgiving
- January 10 -February 2
- February 7 -March 1
- March 6 -29

SAT

- May 7-June 25
- July 9 - August 27
- September 10 - October 29
- November 5 - December 17
- 7 Lessons prorated
- January 7 - February 25
- March 3 - April 14

Swim Team

- May 2 -June 3
- June 6 -July 1
- July 6 - 29
- 11 lessons prorated
- August 1 - 26
- August 29 -September 20
- 14 lessons prorated
- October 3 -28
- November 2 -30
- No practice on Nov. 23 or 25
- December 2 -16
- 7 lessons prorated
- January 4 -30
- February 1 -29
- 3 lessons prorated
- March 2 -30
- 13 lessons prorated

MONDAY THROUGH THURSDAY

- June 13 - 23
- June 27 -July 7
- 7 lessons prorated. No class on July 4th
- July 11 -21
- July 25 -August 4
- August 8 -18
- August 22 -September 1

RCC PRESCHOOL LESSONS

- May 2 -June 1
- June 6 -29
- July 6 -27
- 7 lessons prorated
- August 1 - 24
- August 29 -September 28
- 9 lessons prorated.
- No class on September 5th
- October 3 -26
- November 7 -30
- January 9 -30
- 7 lessons prorated

SWIM LESSON TIMES

SKIP (PARENT/CHILD)

T/TH

11:00-11:30am

SAT

10:30-11:00am

PRE-PIKE

T/TH

11:30-12:00pm

PIKE

T/TH

3:50-4:20pm

4:25-4:55pm

6:30-7:00pm

SAT

10:00-10:30am

10:30-11:00am

PIKE/EEL

M-TH

5:00-5:30pm

EEL

T/TH

3:50-4:20pm

5:00-5:30pm

7:05-7:35pm

SAT

10:30-11:00am

RAY

T/TH

3:50-4:20pm

6:30-7:00pm

SAT

10:00-10:30am

RAY/STARFISH

M-TH

4:25-4:55PM

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

POLLIWOG/GUPPY

M-TH

3:50-4:20pm

GUPPY

T/TH

4:25 -4:55pm

5:00-5:30pm

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

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