



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING CONFIDENCE & SKILLS

Swim Programs
Winter/Spring Session 2011-2012
SOUTH VALLEY 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 stroke technique, you'll feel secure knowing that the Y is here to support you.

Financial Assistance

At the Y, we welcome everyone. We count on the generosity of people like you to contribute to our Annual Giving Campaign, which provides financial assistance for people who need us the most. To apply for financial assistance or to make a donation, go to southvalleyymca.org or visit the Y today. We handle all applications confidentially.

Private Lessons

Private lessons are one-on-one instruction with a YMCA swim instructor. Six 30-minute lessons must be completed within 60 days of registration.

Fee:

Facility Members \$150
Program Members \$300*

*Plus \$25 annual program membership fee

Semi-Private Lessons

Semi-private lessons are two participants of similar swimming ability with one YMCA swim instructor. You must register both people at time of sign-up. Six 30-minute lessons must be completed within 60 days of registration.

Fee:

Facility Members \$180 (\$90 per person)
Program Members \$360 *\$180 per person

*Plus \$25 annual program membership fee

Swim Team (Ages 7-17)

Swim Team is a year-round program consisting of three one-hour practices each week. Swimmers learn fundamental training techniques to become proficient competitive swimmers in a team-inspired atmosphere. Swim Team is for children who have a basic knowledge of swimming the four racing strokes—freestyle, backstroke, breaststroke and butterfly. Coaches are available during practice time to assess potential new team members.

Swim meets are optional and available once a month at no additional cost.

Fee:

Facility Members \$55 per month
Program Members \$110 per month*

*Plus \$25 annual program membership fee

Pool Closures

If the pool must be closed due to unforeseen circumstances, including weather conditions, we cannot issue refunds; however, we will make every effort to reschedule the lesson.

Parental Supervision

Children under age 6 must have a parent present on the pool deck while swim lessons are in progress.

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

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.

Contact Us

For general YMCA Swim Lesson questions, call South Valley Family YMCA at 408 226 9622

Cancellation Policy

All cancellations must be submitted 10 business days prior to the beginning of the session. A cancellation must be approved by the Aquatics Director and are subject to a \$20 service charge. Refunds take 2 to 4 weeks to be issued. All requests will be handled on an individual basis. Full refunds are granted only when the YMCA cancels a session or the participant has a written medical excuse. No refunds will be issued within 24 hours of the start of a session or after a session has begun. The Program Membership fee is non-refundable.

SWIM LESSON LEVELS

AGES 6-36 MONTHS

SKIP I (6-8 Months Old)

Parents and infants/toddlers are introduced to water safety and swimming. We teach parents how to work with their children in water. Plastic, reusable swim pants must be worn over disposable swim diapers.

SKIP II (19-36 Months Old)

We help parents work with their toddlers on games and skills that they will practice in Preschool Swim Lessons in the future. Plastic, reusable swim pants must be worn over disposable swim diapers.

AGES 3-5

PIKE (Beginner 1)

For children with little or no previous water experience. While adjusting to water in a group setting, children develop water safety skills and independence while learning basic paddle stroke, kicking skills, back floats, and to hold their faces in the water while blowing bubbles.

Teacher/swimmer ratio: 1:4

EEL (Beginner 2)

For the child who has advanced from Pike and can put his head underwater voluntarily. Children learn back body position with kick, front layout using arms and legs, flutter kick, and jumping off side of pool. They also learn boating safety and adjustment to water without flotation devices.

Teacher/swimmer ratio: 1:4

RAY (Intermediate 1)

Refines the skills learned in Pike/Eel classes. Introduces rotary breathing. Includes treading water, elementary backstroke, and front and back crawl 25 yards without assistance.

Teacher/swimmer ratio: 1:5

STARFISH (Intermediate 2)

Gives an overview of skills learned in Ray class. Introduces butterfly and breaststroke and emphasizes water and boating safety.

Teacher/swimmer ratio: 1:5

AGES 6-14

POLLIWOG (Beginner)

For children who cannot swim independently or are afraid of the water. We teach basic water skills, including gliding with face in the water, floating, kicking and moving independently in the water.

Teacher/swimmer ratio: 1:5

GUPPY (Beginner/Intermediate)

Children at this level can paddle 25 yards on front, side and back with a float-belt; can front and back float for 20 seconds independently; and are comfortable swimming underwater. Guppies learn endurance swimming, backstroke, front crawl with rotary breathing, treading water, and survival skills.

Teacher/swimmer ratio: 1:6

MINNOW (Intermediate)

Children at this level can swim 25 yards of freestyle with basic side breathing; can swim front symmetrical, side alternating, back alternating stroke 25 yards; and can swim underwater 5 feet. Minnows master the front crawl and rotary breathing. We help children increase endurance and stroke technique and introduce back crawl, elementary backstroke, and survival skills. We also introduce breast stroke and more advanced aquatic rescues.

Teacher/swimmer ratio: 1:7

FISH (Intermediate/Advanced)

Children at this level can swim 25 yards of freestyle with side breathing, basic breaststroke, sidestroke, backstroke, and elementary backstroke. Fish learn side stroke, breast stroke kick, and butterfly kick. Refines breast stroke, front crawl, and backstroke and teaches butterfly. Objectives include survival float, introduction of sustained underwater swimming, and non-swimmer assistance.

Teacher/swimmer ratio: 1:9

FLYING FISH (Advanced)

Children at this level can swim 50 yards of freestyle with side breathing and open turns, breaststroke with open turns, elementary backstroke, backstroke, sidestroke, and 25 yards of butterfly. Flying Fish refines strokes and increases endurance to prepare children for entry level swim team.

Teacher/swimmer ratio: 1:10

AGES 15+

ADULT

Group swim lessons for adults are taught at the beginner and intermediate levels.

REGISTRATION

Register online at southvalleymca.org or complete the attached registration form (one per person). Checks and credit cards accepted at registration. Deadline to register is 5 days prior to the start of the session.

To Register for Swim Lessons :

1. Choose the appropriate category on the right:

Parent/Child (3-36 months)

Preschool (3-5 years)

Youth (6-14 years)

Private or semi-private (any age)

2. Choose the date and time of class on the back.

3. Choose the appropriate level on the back:

Parent/Child: SKIP Level I, SKIP Level II

Preschool Levels: Pike, Eel, Ray, Starfish

Youth Levels: Polliwog, Guppy, Minnow, Fish, Flying Fish

4. Register at the YMCA.

SOUTH VALLEY FAMILY YMCA GROUP SWIM LESSON REGISTRATION FORM

(One form per person; online registration is also available)

Participant's Name _____ Birthdate / / _____ Gender M F

Email _____

Please add me to your email list to receive your South Valley Family YMCA newsletter

All reminders prior to the first class session may be sent via email. We will not share your email with a third party.

Address _____ City _____ Zip _____

Parent/Guardian _____ Day Phone _____

How did you hear about our swim lessons?

Newspaper Mailer Internet At YMCA Friend Other

I have read the details included here and understand the cancellation and make-up policy.

✕ _____

Signature _____ Date _____

FACILITY MEMBER FEE: \$ _____

PROGRAM MEMBER FEE: \$ _____

PROGRAM MEMBERSHIP: \$25, if not already paid \$ _____

*Give the Gift of Swim Lessons \$ _____

TOTAL ENCLOSED: \$ _____

Financial Assistance Application Enclosed:

(Form available online or at our membership services desk and must be done 2 weeks prior to lessons. Registrations are only accepted with payment.)

*Help ensure every child in our community has the opportunity to learn the life skill of water safety and learn to swim. Your contribution is tax deductible. Any amount will make a difference.

Return this form (including full payment of fees) to: South Valley Family YMCA, 5632 Santa Teresa Blvd., San Jose 95123

SWIM LESSON LEVELS

(Select skill level. See inside for details.)

Preschool Level

Pike Eel Ray Starfish

Youth Levels

Polliwog Guppy Minnow Fish Flying Fish

FRIDAY AFTERNOON LESSONS

(Select time and dates)

Six 40-minute lessons

Saturday Mornings

Fees:

Facility Members \$72

Program Members \$144*

*Plus \$25 annual program membership fee

Times

3:30-4:10 pm

4:15-4:55 pm

5:00-5:40 pm

5:45-6:25pm **

Dates

October 14 - November 18

February 17 - March 23

March 30 - May 4

May 11 - June 15

+ Offered beginning January 7

** Offered beginning March 6

SKIP LEVEL I

(Select time and dates)

Six 40-minute lessons

Saturday Mornings

Fees:

Facility Members \$72/Program Members \$144*

*Plus \$25 annual program membership fee

Dates

October 15 - November 19 (10:15-10:55 am)

March 31 - May 5 (10:00-10:40 am)

May 12 - June 16 (10:00-10:40 am)

SATURDAY LESSONS

(Select time and dates)

Six 40-minute lessons

Saturday Mornings

Fees:

Facility Members \$72

Program Members \$144*

*Plus \$25 annual program membership fee

Times

10:45-11:25 am +

11:30am - 12:10pm

12:15-12:55pm

1:00-1:40pm

Dates

October 15 - November 19

January 7 - February 11

February 18 - March 24

March 31 - May 5

May 12 - June 16

WEEKDAY

AFTERNOON LESSONS

(Select time and dates)

Six 40-minute lessons

Saturday Mornings

Fees:

Facility Members \$72

Program Members \$144*

*Plus \$25 annual program membership fee

Times

3:30-4:10 pm

4:15-4:55 pm

5:00-5:40 pm

5:45-6:25 pm **

Sessions (Mon/Wed)

October 10-26

March 5-21

March 26 - April 11

April 16 - May 2

May 7-23

Sessions (Tue/Thu)

October 11-27

November 8-22

November 29 - December 15

March 6-22

March 27 - April 12

April 17 - May 3

May 8-24

