

Y SWIM LESSONS™

2012 Registration

Session	Dates	# of wks	Y-Mem	Non-Mem
Session 1	Jan 3 to Feb 16	7 weeks	Dec 12	Dec 19
Session 2	Feb 21 to Apr 12	7 weeks	Jan 30	Feb 6
Session 3	Apr 17 to May 31	7 weeks	Mar 26	Apr 2
Session 4a	Jun 12 to Jul 5	4 weeks	May 21	May 29
Session 4b	Jul 10 to Aug 2	4 weeks	May 21	May 29
Session 5	Sep 4 to Oct 18	7 weeks	Aug 13	Aug 20
Session 6	Oct 23 to Dec 11	7 weeks	Oct 1	Oct 8



Classes are offered Tuesdays and Thursdays in the morning, afternoon and evening.

Classes for infants, kids, teens and adults taught by staff who are WSI certified and enjoy teaching.

Early registration for Y Members!

Fees:

7 week sessions include 14 classes \$40 Y-Members, \$80 Non-Mem
 4 week sessions include 8 classes \$24 Y-Members, \$48 Non-Mem

UV Pool! Better than saline,
 Much better than chlorine,
 Our pool is UV!

No more itchy skin and no more red eyes.
 The UV system simply disinfects all water
 when it passes by an ultraviolet light bulb.

Take lessons because “drowning is the leading cause of unintentional injury related deaths in children ages 1 to 14” -- CDC

Financial Assistance is available

Contact:

Holly Hawley, Aquatics Coordinator
 Juli Ross-Dodds, Lead Swim Instructor
 522 West Sixth Street
 Medford, OR 97501
 (541) 772-6295 x219
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Class descriptions on back →

The YMCA provides swimming lessons that follow both YMCA standards and the American Red Cross standards designed to make adjustments to the water easy and fun for all ages. Students are divided into classes based on age and ability. We do not give refunds or makeup days for missed classes. Lessons are 30 minutes twice a week for 7 weeks.

PARENT-TOT (AGES 6 MONTHS-3 YRS)

Designed for children 6 months to 3 years of age, the program builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Once children can perform basic skills without parental assistance, they may begin Preschool Intro (must be 3 yrs old). There are 4 levels of Parent-Tot. Adult must be in the water also!

Tuesday and Thursday T TH

Morning classes available between 9am-11am

Evening classes available between 4pm-6pm

PRESCHOOL-INTRO (AGES 3-5 YRS)

Swimmers have little or no experience with the water. Swimmers will be comfortably oriented to the water and taught basic pool safety. Skills taught include submerging face, blowing bubbles, bobbing underwater, assisted front and back floating, kicking on front and back, and assisted front and back gliding.

T TH 9:00am 9:30am 4:00pm 5:00pm 6:00pm 6:30pm

PRESCHOOL-SWIMMER (AGES 3-5 YRS)

Swimmers are able to perform all of the skills at Intro level. Swimmers will gain more independent skills and learn introduction to side breathing, front and back glides with flutter kick and breaststroke kick, front and back floats (30 seconds), jumping in and going to float positions, breast stroke for (10 feet), elementary back (10 feet), front crawl (25 yards), back stroke (25 yards) and tread water.

T TH 9:30am 4:30pm 5:00pm 5:30pm 6:00pm

SCHOOL AGE-INTRO (AGES 6 YRS & UP)

Swimmers will become comfortable in the water and be taught basic pool safety. Skills taught include bubbles, submerging face, underwater exploration, introduction to side breathing, front and

back floats, rolls to float position, front and back glides with flutter kick and breast stroke kick, jump in swim back to side, introduction to treading water, front crawl (25 yards) with face in pool and good technique and back stroke (25 yards).

T TH 4:00pm 5:00pm 6:00pm

SCHOOL AGE-SWIMMER (AGES 6 YRS & UP)

Swimmers are able to perform all of the skills at Intro level. Swimmers will refine stroke technique and endurance skills taught include tread water (1 minute), refine breast stroke and elementary back stroke (15 yards), introduction to butterfly kick.

T TH 4:30pm 6:30pm

TEEN AND ADULT LESSONS

Classes tailored to the skill level of the individual. These lessons do not have children included.

SWIM CLUB (AGES 6 YRS & UP)

Swimmers are advanced to this level by their swim instructor. Swimmer must be able to swim front crawl (50 yards) with side breathing and proper arms, back stroke (50 yards) with proper arms and shoulder roll, breast stroke (25 yards) and butterfly kick (25 yards). Skills learned will include speed endurance, butterfly stroke, refining front crawl, backstroke and breaststroke, open turns and flip turns.

T TH 4:30pm 5:15pm

FEE: \$45 members, \$90 program participants

HEALTH INFORMATION

Please keep your child at home if your child has: open wounds, green mucus or yellow discharge from the nose, had a fever or has had either vomited or diarrhea in the last 24 hours, headache, earache, sore throat, rash, listlessness, loss of appetite or has received shots or vaccines that day.

WHAT TO WEAR

Toddlers must wear swim diapers or training pants with rubber pants. Girls should wear a swimsuit that fits snugly. Boys should wear a swimsuit or swim trunks with a lining. Shoulder length hair should be put into a pony tail in a swim cap. Goggles are recommended. Arm floaties are not permitted in the pool because they are not considered a lifesaving device.