

Y SWIM LESSONS™

| 2019 Dates | # of wks | Y-Member | All Registering |
|-------------------------------|-----------------|-----------------|------------------------|
| Session 1: Jan 8 to Feb 21 | 7 weeks | Dec 17 | Dec 24 |
| Session 2*: Feb 26 to Apr 18 | 7 weeks | Feb 4 | Feb 11 |
| Session 3: Apr 23 to Jun 6 | 7 weeks | Apr 1 | Apr 8 |
| Session 4a*: Jun 18 to Jul 16 | 4 weeks | May 27 | Jun 3 |
| Session 4b: Jul 18 to Aug 13 | 4 weeks | May 27 | Jun 3 |
| Session 5: Sep 3 to Oct 17 | 7 weeks | Aug 12 | Aug 19 |
| Session 6*: Oct 22 to Dec 12 | 7 weeks | Sep 30 | Oct 7 |

* No class on Mar 26 & 28 due to Spring Break

* No class on Jul 4, Oct 31, Nov 28 due to holidays

Classes are offered Tuesdays & Thursdays

in the morning, afternoon and evening. Classes for infants, teens and adults taught by certified staff.



Fees:

7 week sessions include 14 classes
\$76 for all 14 classes

4 week sessions include 8 classes
\$44 for all 8 classes

Financial Assistance available:

25% scholarship with a
food stamp award letter

All 2nd graders get one session for only \$1! Research shows that if a child doesn't learn to swim by 3rd grade, they likely never will.

Sessions 1, 2, 3, 5 & 6.



Our pool is UV! It is better than saline and much better than chlorine. No more itchy skin or red eyes.

On-line registration

To see dates, times and pay, just visit:
<https://roguevalleyymca.playerspace.com/>

To learn more, contact:

Holly Hawley, Aquatics Coordinator
522 W 6th Street, Medford, 97501
(541) 772-6295 x119;
hhawley@rvymca.org

Class descriptions on back →

YMCA SWIMMING LESSONS

for all ages follow both YMCA standards and American Red Cross standards. 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 on Tuesdays and Thursdays for 7 weeks during school and 4 weeks during summer.

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. Adult must be in the water.

- 3 levels: Shrimp (beginner), Kipper (intermediate), and Perch (advanced)

T/TH 9-11am, 5-7 pm

PRESCHOOL-INTRO (AGES 3-5 YRS)

For children who have little or no experience with the water. Youth 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 & back gliding.

T/TH 9-10am, 4-7 pm

PRESCHOOL-INTERMEDIATE (AGES 3-5 YRS)

Designed to be a class level in between Preschool-Intro and Preschool-Swimmer. Youth need to be comfortable in the water and swim at least 5 yards unassisted.

T/TH 9-10am, 4-7pm

PRESCHOOL-SWIMMER (AGES 3-5 YRS)

For swimmers who 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 9-10am, 4-7 pm

SCHOOL AGE-INTRO (AGES 6 YRS+)

For youth who 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, into to treading water, front crawl with face in pool with good technique, and back stroke.

T/TH 4-7 pm

SCHOOL AGE-INTERMEDIATE (AGES 6 YRS+)

Designed to be a class level in between School Age-Intro and School Age-Swimmer. Youth need to be comfortable in the water and swim at least 5 yards unassisted.

T/TH 4-7 pm

SCHOOL AGE-SWIMMER (AGES 6 YRS+)

For swimmers who 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 4-7 pm

TEEN AND ADULT LESSONS

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

M/W 10:30 am OR T/TH 6:30 pm

SWIM CLUB (AGES 6 YRS+)

See other flyer for details and different prices. Three different levels (Swim Club, Advanced Swim Club and Swim Team Prep) are available.

T/TH 4-7 pm

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. Boys and girls should wear a swimsuit that fits. Goggles are recommended.