



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM PLAY LEARN

SWIM, SPORTS & PLAY
Youth Swim Lessons
GARDEN RANCH YMCA

June — July

Welcome to YMCA swimming lessons! We are pleased you have chosen us to be a part of this rewarding experience.

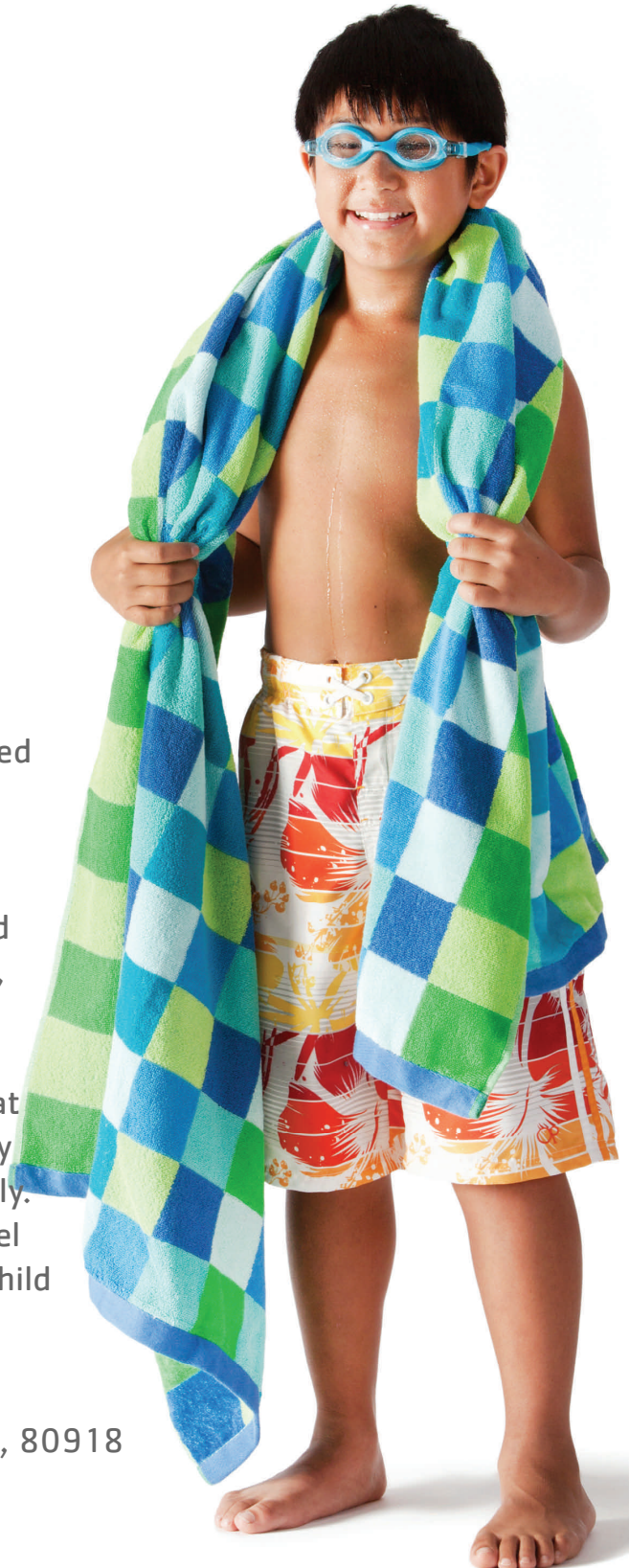
Y swim lessons develop confidence, stroke skills and endurance. Y lessons also promote personal safety, personal growth and rescue skills.

Children are encouraged to advance through levels at their own rate. Children will advance only when they can perform the required skills safely and proficiently. Let your child know that it is ok to go through a level more than once. The important thing is that each child is improving.

Garden Ranch Family YMCA

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www.ppymca.org



JUNE — JULY 2012

PARENT/CHILD 6 months - 3 years

The Parent/Child Program promotes water enrichment and aquatic readiness activities for children & their parent or other trusted adult. Children learn to enter the pool with permission and learn through games and songs. Previous swimming experience is not necessary. Classes are held in the small pool, which has an average water temperature of 88°. Classes meet once a week.

PRESCHOOL 3 - 5 years

The Preschool aquatic program teaches water adjustment and basic swimming skills. Children are placed into these classes based on their abilities. Parents need not participate in the class but are required to be on deck during the lesson. Parents who want to assist their child are welcome to enter the water during the class. We also encourage parents to volunteer as class assistants. You do not have to be a great swimmer, just willing to work with the kids under the instructor's supervision.

PIKE – This class is for beginning swimmers who may or may not be comfortable in the water and has not had formal swim instruction. The class focuses on the following basic swimming techniques: back floats, front crawl and backstroke. In addition, children will learn to use personal flotation devices, and water safety. Children will utilize instructional flotation devices.

EEL – This class is for kids who have completed the Pike level or equivalent. Eels are able to paddle at least 5 feet, turn around and return to the wall without assistance. The class will continue to develop basic swim skills such as kicking, floating, and arm stroke, aided with and without the use of an instructional flotation device.

RAY/STARFISH– This class is for kids who have completed the Eel level or equivalent. Rays can float 30 sec and swim 15 feet without assistance. The class will focus on rescue skills, rhythmic breathing, and stroke development.

Volunteer Opportunities

YMCA swim lessons teach personal safety, personal growth, stroke development, and rescue skills using water games, instruction and sports.

To enhance the quality of our lessons we encourage parents to volunteer as assistants in our lessons. You do not have to be a great swimmer, just willing to work with the kids under the instructor's supervision. If you are interested in volunteering please contact Bret at 494-8516.

Financial Assistance:

If you are unable to pay the full cost of YMCA membership or programs, you may apply for assistance based on your financial situation. Funds for financial assistance are raised through the YMCA Partners Campaign and come from generous individuals, businesses and the local community.

YOUTH 6 -16 years/ADULT 16+ years

The Youth lessons teach personal safety, personal growth, stroke development, and rescue skills through water games, instruction and sports. Children are placed into these classes based on their abilities. Parents need not participate in the class and may leave the pool to utilize other parts of the building or take a class. Parents who want to assist their child are welcome to enter the water during the class. We also encourage parents to volunteer as class assistants. You do not have to be a great swimmer, just willing to work with the kids under the instructor's supervision.

POLLIWOG – This class is for beginning swimmers who may or may not be comfortable in the water and may not have had previous swim instruction. The class will focus on basic swim skills such as kicking, floating, stroke development and water safety, with and without the use of an instructional flotation device.

GUPPY – This class is for our kids who have completed the Eel level or equivalent. Guppies are able to swim 20 feet on their front or back without assistance, and able to jump from the side into the water. The class will focus on stroke development, rhythmic breathing, and rescue skills.

MINNOW – This class is for our kids who have completed the Guppy level or equivalent. Minnows are able to swim 25 yards with the backstroke and front crawl using rhythmic breathing. The class will focus on continued stroke development, breast-stroke, sidestroke, elementary backstroke, & continued emphasis on rescue skills.

FISH – This class is for kids who have completed the Minnow level or equivalent. Fish can swim 25 yards of the front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke using proper swim technique. Participants should also know how to tread water, and perform basic rescue skills. The class will focus on continued stroke development, introduction of the butterfly stroke, and use of rescue equipment.

FLYING FISH/SHARK – This class is for kids who have completed the Fish level or equivalent. Flying Fish/Sharks are able to swim 50 yards of the front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly using proper swim technique. The class will focus on endurance training, fitness, advanced rescue techniques, and aquatic leadership.

ADULT BEGINNER – This class is for individuals over the age of 16 who have either not had formal swim lessons, are not comfortable in the water, or know very little swimming technique. The class will focus on water adjustment and the basic fundamentals of front crawl, back crawl, elementary backstroke, side stroke and breast stroke.

GREAT WHITE SHARKS SWIM TEAM – This is for swimmers age 5 - 18 years of age. Swimmers must be able to complete 50 yards in at least one of the 4 basic strokes. Our goal is to provide a fun, safe and learning environment for all of our team members. The primary focus is to develop the technique of all our young swimmers. Monthly meets held at various locations. Practices every Tuesdays, Thursdays and Saturdays.

For more information contact Bret Wiebe, Aquatics Director 494-8516

Email bwiebe@ppymca.org

Members: \$45/month

Non-Members: \$65 per month
Discounts for multiple children registered for Swim Team. Register at our Member Services Desk.