



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Youth Swimming Lessons

SHRIMP: For parent and child to bond in the water while playing games, learning swimming skills, and becoming acquainted and comfortable with the water.

PIKE/EEL: This class is for beginners who have limited or no water experience. In this class, the child will become comfortable in the water and learn about water safety. Instructors and students begin to practice floating, crawl stroke, and underwater bobs.

EEL/RAY: In this class, the child will become comfortable in the water and learn about water safety. Instructors and students begin to practice floating, crawl stroke, and underwater bobs.

RAY/STARFISH: This class is for the novice swimmer more comfortable in the water. In this class, the child will become more efficient with their crawl and back strokes with breathing so they can then transition to the main pool lessons. introduce butterfly at this level. Endurance building drills, like treading water for 3 minutes, are introduced in this level. for lifeguarding course.



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shrimp 30 minutes	6:00 pm			11:45 am		
Pike/Eel	12:30 PM	9:45 am	6:00 pm	4:45 pm		
Eel/Ray		10:30 am 6:30 pm	12:30 PM	5:30 pm		9:45 am
Ray/Starfish	6:30 pm	7:15pm	6:45 pm	12:30 pm 6:15 pm		10:30 am
Autistic Spectrum 30 minutes			7:30 pm			

Session I Dates: September 1, 2014- October 26, 2014

Small Warm Water Pool Lessons

Shrimp, (6 months – 3 years), Pike, Pike/Eel, Eel, (2 – 5 years)

Ray, Ray/Starfish, Starfish (4-7 years)

Registration Dates:

Members: August 11, 2014

Potential Members: August 18, 2014

	Member	Potential-Member
8 Week Session	\$93.00	\$186.00
2nd Child Discount (10%)	\$83.70	\$167.40
3rd Child Discount (25%)	\$69.75	\$139.50

For more information on Youth Swimming Lessons

Contact Julianne Hezlep

j.hezlep@gbgymca.org (724) 834-0150 ext.122

Greensburg YMCA, 101 S. Maple Ave, Greensburg, PA 15601

The YMCA will not turn away for the inability to pay. Ask about our financial assistance.





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Youth Swimming Lessons

GUPPY/ POLLIWOG For the child comfortable swimming in shallow water, who can swim the crawl stroke but breathing needs refined, and can float and kick on back unassisted.

ADVANCED POLLIWOG / MINNOW For your little minnow, this swimmer is comfortable with swimming crawl and backstroke and can even make one length of the pool. Deep water skills and safety, as well as elementary backstroke, are introduced in this level.

GUPPY/MINNOW: Your little swimmer who is comfortable in shallow water will be introduced to deep water skills and safety, as well as elementary backstroke, is introduced in this level.

MINNOW/FISH: For the child who is competent with crawl/backstroke and jumping in the deep end of the pool unassisted. We work on endurance and stamina and swimming more than 1 length of main pool. Breaststroke is introduced in this level.

FISH / FLYING FISH Continuing to practice and refine the swimmers' crawl, backstroke and breaststroke the instructor will now introduce butterfly at this level. Endurance building drills, like treading water for 3 minutes, are introduced in this level.

FLYING FISH / SHARK This swimmer is able to swim 4-6 lengths of the pool and understands the mechanics of all strokes.



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Guppy/Polliwog <i>Shallow End</i>	4:25 pm		4:25 pm			11:50 am
Guppy/Minnow <i>Shallow & Deep</i>	5:10 pm	9:00 am		4:00 pm		
Minnow/Adv Polliwog <i>Deep end</i>			5:10 pm			12:30 pm
Minnow/Fish		4:40 pm		3:15 pm		
Flying Fish/Shark		5:20 pm				
Autistic Spectrum 30 minutes	3:50 pm					

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Main Pool Lessons

Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark

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