

# Sign up for **School Year swimming lessons** at the **Salem Family YMCA!**

*Give your children a gift that will last a lifetime!*

Please call 503-399-2792 for more information.

## **Parent/Child**

For children ages 6 months to 3 years and their parents. Instructors are caring and enthusiastic, placing emphasis on safety, water adjustment, movement, exploration, songs, games and FUN!! An adult accompanies each child in the pool.

## **Preschool Program (PERS)**

For 3-5 year olds. The teacher/student ratio is 1:5 or better. Children progress through the following four levels:

- Pike:** Water adjustment, putting face in the water, bubbles.
- Eel:** Front and back float, gliding, kicking, and arm strokes.
- Ray:** Strengthen arm strokes and kicking, learn rhythmic breathing.
- Starfish:** Rhythmic and rotary breathing, endurance, various strokes.

## **Progressive Program**

The progressive program is for 6--14 year olds of all swimming abilities. Children progress through the following six levels:

- Polliwog:** Front and back glide with kick.
- Guppy:** Front crawl with rotary breathing, tread water.
- Minnow:** Front crawl endurance, backcrawl, diving.
- Fish:** Elementary backstroke, dolphin kick, breaststroke kick.
- Flying Fish:** Breaststroke, butterfly, sidestroke.
- Shark:** Most advanced level. Build endurance in all strokes, flipturns.



## **Private Lessons**

Thirty minute private lessons are available through special arrangements with the instructor. Call 399-2792 for more information or to schedule a private lesson. Semi-private lessons are also available.

## **Swim Team**

A fun way for kids 6-18 to prepare for competition against other YMCAs. Workouts include drills, technique instruction and conditioning. Prerequisite: 80 yards front crawl w/ good rotary (side) breathing and 80 yards I.M. (20 yds each of butterfly, backstroke, breaststroke, and freestyle).

**YAQUATICS**<sup>™</sup>

We build strong kids, strong families, strong communities.

# Salem Family YMCA Swimming Lessons!

## Winter/Spring 2010

### Five Week Sessions

- Jan. 4 - Feb. 4** 5 weeks  
 (non-member registration starts Dec. 16)
- Feb. 8 - Mar. 11** 5 weeks  
 (non-member registration starts Feb. 3)
- March 29 - April 29** 5 weeks  
 (non-member registration starts March 10)
- May 3 - June 3** 5 weeks  
 (non-member registration starts April 28)

**Call 503-399-2792  
 for Aquatics information!**

### Parent/Child

- |                    |       |                  |
|--------------------|-------|------------------|
|                    | M/W   | 10:00 - 10:30 am |
|                    | T/Th  | 11:15 - 11:45 am |
|                    | T/Th  | 5:45 - 6:15 pm   |
| <b>PERS</b>        | M/W   | 9:00 - 9:30 am   |
|                    | M/W   | 4:30 - 5:00 pm   |
|                    | T/Th  | 10:00 - 10:30 am |
|                    | T/Th  | 4:30 - 5:00 pm   |
|                    | T/Th  | 6:15 - 6:45 pm   |
| <b>Pol/Guppy</b>   | M/W   | 5:00 - 5:45 pm   |
|                    | T/Th  | 10:30 - 11:15 am |
|                    | T/Th  | 5:00 - 5:45 pm   |
|                    | T/Th  | 6:45 - 7:30 pm   |
| <b>Mi/Fi/FF/Sh</b> | T/Th  | 10:30 - 11:15 am |
|                    | T/Th  | 5:00 - 5:45 pm   |
|                    | T/Th  | 6:45 - 7:30 pm   |
| <b>Swim Team</b>   | M/W/F | 3:30 - 5:00 pm   |
| Novice time        | M/W/F | 5:00 - 6:00 pm   |

### Ten Week Sessions

(Tue. only or Sat. only)

- Jan. 5 - Mar. 13** 10 weeks  
 (non-member registration begins Dec. 16)
- Mar. 30 - June 5** 10 weeks  
 (non-member registration begins Mar. 10)

- |                     |      |                  |
|---------------------|------|------------------|
| <b>Parent/Child</b> | Sat. | 9:30 - 10:00 am  |
|                     | Sat. | 11:15 - 11:45 am |
| <b>PERS</b>         | Sat. | 10:45 - 11:15 am |
|                     | Tue. | 1:00 - 1:30 pm   |
| <b>Pol/Guppy</b>    | Sat. | 10:00 - 10:45 am |
|                     | Tue. | 1:30 - 2:15 pm   |
| <b>Mi/F/FF/Sh</b>   | Sat. | 10:00 - 10:45 am |
|                     | Tue. | 1:30 - 2:15 pm   |

### Fees

**Parent/Child: \$25/session Y family members  
 \$45/session non-member**

**PERS & Progressive lessons:  
 5 & 10 week sessions \$38/session Y family mem  
 \$51/session non-member**

**Swim Team Novice \$40/month Y members  
 \$60/month non-members**

**Swim Team Int/Adv \$45/month Y members  
 \$65/month non-members**

**Private instruction \$16.00 per 1/2 hr member  
 \$20.00 per 1/2 hr non-mem**

**How to Register:**

**Non-members may register beginning on the dates noted in this flyer.**

Y members may begin registering two weeks before the non-member reg. date. Register in person at the YMCA (685 Court St. NE), over the phone with a credit or debit card at 503-399-2759 or online at: [www.youry.org](http://www.youry.org)

All classes are subject to change or cancellation if enrollment is low.

