



# **SWIM LESSONS**

## **2012 Information Packet**

**Registration: OPEN NOW**

**Member Rates \$80**

**Non Member Rates \$100**



**Leeward YMCA  
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[www.ymcahonolulu.org](http://www.ymcahonolulu.org)**

## 2012 Swim Lessons Schedule

**The 2012 session schedule will run on a bi-monthly basis. The sessions begin the 1st of the month and end the last of the month (or at the end of 8 classes). Please note dates that have NO CLASS:**

Session	Dates	NO CLASS
February/March	Feb 1 - Mar 27	Mon, Feb 20 (class held Fri, Feb 24th)
April/May	Apr 2 - May 26	
June/July	June 2 - Jul 26	Wed, July 4 (class held Fri, Jul 6)
August September	Aug 1 - Sep 25	Mon, Sep 3 (class held Fri, Sep 7)
October/November & December*	Oct 1 - Dec 22	Mon, Oct 8 (class held Fri, Oct 12); Wed, Oct 31; Mon, Nov 12; Thu, Nov 22; Sat, Nov 24

**\*Note: The Oct/Nov/Dec session will extend to an 11 week session\***

## 2012 Course Schedule

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Saturday
Pike/Eel	3:00 - 3:30	3:15 - 3:45	4:15 - 4:45	3:15 - 3:45 4:45 - 5:15	9:00 - 9:30 10:25 - 10:55 12:05 - 12:35
Ray/Starfish	4:15 - 4:45	4:45 - 5:15			9:00 - 9:30 10:25 - 10:55 12:05 - 12:35
Polliwog/Guppy	3:30 - 4:15	3:45 - 4:30	2:30 - 3:15 4:45 - 5:30	3:45 - 4:30 5:15 - 6:00	9:35 - 10:20 11:15 - 12:00 12:40 - 1:25
Minnow/Fish	5:00 - 5:45		3:15 - 4:00		9:35 - 10:20 11:15 - 12:00 12:40 - 1:25
Flying Fish		5:15 - 6:00			1:30 - 2:15
Shark					1:30 - 2:15
Adult Beginner	5:45 - 6:30				1:30 - 2:15
Adult Inter		6:00 - 6:45			
Synchro			9:00, 2:00, 6:00		
Swim Team		6:30 - 7:30		6:30 - 7:30	8:00 - 9:00
Parent/Tot					11:00 - 11:30

# Levels Descriptions

## **Parent/Tot Swim Program**

Ages 6 months to 35 months old with parent

The primary objective is to get both the parent and child comfortable in the water. The child will become aware of movement through the water while the parent will learn how to teach his/her child to be safer in and around water. The child will be exposed to basic movements in the water such as kicking, arm strokes and breath control

## **Preschool Swim Program**

Ages 3 to 5 years old without parent

Classes take the child from beginner levels (Pike, Eel) to advanced levels (Ray, Starfish). All students are tested during their first class and placed in the appropriate level.

### ***Pike (Beginner) - Teaches water adjustment and basic skills***

This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke, kicking skills, pool safety, and comfort while holding their face in the water while blowing bubbles and swimming with flotation devices.

### ***Eel (Beginner) - Progressed through Pike***

This level is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke. Students will be able to swim with flotation, with face in the water without assistance

### ***Ray (Intermediate Beginner) - Progressed through Eel.***

At this level children review previous skills, improve stroke skills, learn more personal safety, build endurance by swimming on their front and back, and learn to tread water. They are introduced to the breaststroke and the sidestroke as well as swim under water and dive. They are able to swim 20 feet with flat body position, face in the water, and with no flotation. Can kick on one's back 25 yards with flotation.

### ***Starfish (Intermediate) - Progressed through Ray.***

Children review skills learned in previous levels and refine strokes including freestyle, backstroke, sidestroke, breaststroke and elementary backstroke. Able to swim 25 yards on their front, side and back without flotation.

# **Youth Swim Program**

Ages 6 to 12 years old

## **Polliwog (Beginner)**

Designed for children unable to swim 25 yards with a flotation device, with or without head in the water. Children are acquainted with the pool, use of flotation devices, floating, gliding, and paddle stroking.

## **Guppy (Intermediate Beginner) - *Progressed through Polliwog***

Students continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to the front and back crawl, sidestroke, breaststroke, and elementary backstroke, endurance, and becoming comfortable in deep water.

## **Minnow (Advanced Beginner) - *Progressed through Guppy***

Students begin to refine their strokes. They learn the front crawl with side breathing, backstroke, elementary backstroke, breaststroke, and sidestroke. Basic diving is taught at this level. Students continue to develop all skills to pass this level.

## **Fish (Intermediate) - *Progressed through Minnow***

Students work to refine all strokes that they have previously learned with turns. They are introduced to the dolphin kick. Able to swim Front/Back crawl for 25 yards each.

## **Flying Fish (Advanced Intermediate) - *Progressed through Fish***

Students work on refining all strokes and increase their endurance (50 yards.). They are introduced to the butterfly stroke, individual medley, flip turns, and racing starts.

## **Shark (Advanced) - *Progressed through Flying Fish***

Students continue to improve their strokes and starts and turns. They are taught inverted breaststroke and over arm sidestroke and increase their distance swimming from 100 to 200 yards. Includes racing starts, flip turns, and lifesaving medley. Able to swim freestyle, backstroke, breaststroke, butterfly, sidestroke, and elementary backstroke.

# **Swim Team**

Ages 6-18 years old

A novice program designed to introduce young swimmers to the competitive side of swimming. Participants will be challenged to increase their speed and endurance. Participants must be able to swim butterfly for 25 yards and backstroke, breaststroke and freestyle for 50 yards each without stopping.

# **Synchronized Swimming**

Ages 6 and older

Synchronized swimming is an excellent alternative or complement to YMCA Swim Lessons and is suitable for people of all ages. Beginner swimming skills are required to enter the class. The program objectives are to develop body control, agility, breath control, endurance and so on), to enable participants to swim with others to a rhythmic accompaniment, and to provide an arena for creative expression and performance.

# **Adult Swim Program**

Ages 13 and older

## **Beginner**

For the novice or non-swimmer. A general introduction to swimming that will cover three of the 4 competitive strokes (Freestyle, Backstroke, Breaststroke).

## **Intermediate/ Advanced**

For swimmers that want to refine their technique and increase endurance in the water. A general understanding and completion of Freestyle, Backstroke, Breaststroke are required for optimal participation.

## **YMCA General Refund & Credit Guidelines**

- There is a 30% service fee (up to a maximum of \$50) on the program/ membership fee for all refunds issued, whether done online or at welcome center. The service fee will be assessed to each program/session registered for by the member or participant. No service fee will be assessed on credits given to members or participants.
- In the case that the YMCA cancels a program prior to its starting date a full refund (no credits) will be issued. For any program that is cancelled by the YMCA once the program has begun, a pro-rated refund (no credits) will be issued. A 30% service fee will not be assessed in these instances.
- Should a member or participant decide to withdraw prior to the start of the program, a full refund, less the 30% service fee (up to a maximum of \$50) if applicable, or full credit, will be issued upon receipt of written request. Should a member or participant decide to withdraw on the first day of the program, a prorated refund, less the 30% service fee (up to a maximum of \$50) if applicable, or prorated credit, will be issued upon receipt of written request. No refunds or credits will be given after the first day of program.
- Refunds and Credits will not be issued for any participant/member who is suspended or expelled from the program/YMCA for behavior or safety violations.
- Refunds and credits will not be issued due to illness of the member or participant.
- In the event of inclement weather or natural disaster, which the YMCA has no control over, the YMCA may need to cancel its programs and/or close its facilities. Also, if the selected off-site program venue poses a safety hazard for staff and participants, there may be the need for the YMCA to cancel or modify its programs. A refund or credit will not be issued in these cases.
- The YMCA reserves the right to make program changes without prior notice when unforeseen circumstances occur.
- Credits and refunds must be approved by the program director for the corresponding department.

## **Credits & Refunds**

1. Credits are good for a period of one year from the date of registration for program and may be applied to any program or membership service at any YMCA of Honolulu branch
2. Credits can be converted to a refund. Applicable service fees will apply.
3. Refunds may take up to two weeks for processing. There is a 30% service fee (up to a maximum of \$50) for all refunds issued, whether done online or at welcome center. The service fee will be assessed on the program fee for each program/session registered for by the member or participant.