

AQUATICS

AT THE CENTRAL FLORIDA YMCA



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For over 100 years, the Y has been the place where children and adults learn strokes, swim laps, compete and simply have fun. All over Central Florida, at our 24 Family Center pools, we are offering classes and programs for everyone — from masters swimmers to little minnows. And mummies, too. So dive in and discover the one that's just right for you.

DOWNTOWN YMCA POOL SCHEDULE

Monday - Friday 5:00 AM - 9:30 PM
 Saturday 7:00 AM - 8:00 PM
 Sunday 12:00 PM - ? :00 PM

AQUATICS FOR KIDS

AQUATICS FOR ALL

Recreational Swim

Time at the pool for individuals and families to have fun and/or exercise. Our lifeguards will check the skills of all children to ensure safety. Available at all times the pool is open.

Swimming Lessons

AGES 12 & UP This course is designed to develop basic swimming skills or build on basic swimming for stroke development. Individuals may enter this course with no swimming skills or with the ability to use basic movements in the water. The instructor will personalize the course to meet each individual's swimming needs and goals.

Lap Swim

Lanes are set aside for members to lap swim for exercise. Kickboards and pull buoys are available for use, and our trained staff will assist you with lane placement and swimming tips. Available at all times the pool is open.

Water Fitness

Water Fitness is a low impact group exercise performed in the water. This program is appropriate for low, moderate and high intensity workouts. Our instructors will coach and motivate you through the class.

	AGE	NUMBER OF LESSONS	LENGTH OF LESSON	PROGRAM DESCRIPTION
<ul style="list-style-type: none"> Parent/Child Swim Lessons <ul style="list-style-type: none"> Your child has no previous water experience You desire to be in the water with your child And/Or you are looking for water play 	? - 3? Months Old	8 Lessons	30 Minutes each Lesson	This course is designed to develop a sense of comfort and familiarity with the water. This course is taught through group instruction utilizing songs, games and other fun activities. Children work on basic movements in the water while supported by the parent or a flotation device. This course introduces new skills when the parent and child are ready to learn.
<ul style="list-style-type: none"> Safe Start <ul style="list-style-type: none"> Your child may have some water experience Your child has limited to no swimming skills You are looking for survival swimming for your child or independence in the water Recommended for families with a pool or lake 	1 - 4 Years Old	? Week Course 5 Days a Week	10 Minutes each Day	This course is a one-of-a-kind drowning prevention program where children learn the survival skills of independent swimming and floating both in swimwear and in everyday clothes. Children are taught through one-on-one instruction. New sessions start every Monday. Our pool schedule reflects our most popular times. Flexible appointment times are available. Call the Safe Start office at 407-644-3606 to register.
<ul style="list-style-type: none"> Preschool Swim Lessons <ul style="list-style-type: none"> Your child is with/without previous water experience Your child is with/without independent swimming skills You are looking for traditional group swimming lessons 	3 - 5 Years Old	8 Lessons	30 Minutes each Lesson	<ol style="list-style-type: none"> PIKE: This course is an introduction to basic swimming skills. Children enter this level with little or no water experience. The instructor helps the child to develop a sense of comfort and familiarity with the water and introduces skills when the child is ready. EEL: This course is a continuation for developing basic swimming. Children enter this level with a sense of comfort in the water. The instructor helps the child to develop a sense of independent movement in the water. RAY: This course is an introduction to stroke development skills. Children enter this level with the ability to swim 15 feet independently on their front and back. The instructor introduces the child to the core swimming strokes of front crawl, back crawl, breaststroke and sidestroke. STARFISH: This course is a continuation for developing stroke development skills. Children enter this level with a previous introduction to front crawl, back crawl, breaststroke and sidestroke. The instructor refines basic strokes and encourages the child to swim a distance of 40 feet independently. Completion of this course or ability to perform skills taught in this course is a pre-requisite for the Youth Swim Team.
<ul style="list-style-type: none"> Youth Swim Lessons <ul style="list-style-type: none"> Your child is with/without previous water experience Your child is with/without independent swimming skills You are looking for traditional group swimming lessons 	? - 11 Years Old	8 Lessons	45 Minutes each Lesson	<ol style="list-style-type: none"> POLLWOG: This course is an introduction to basic swimming skills. Children enter this level with little or no water experience. The instructor helps the child to develop a sense of comfort in the water and the ability to swim 15 yards using basic movements without assistance. GUPPY: This course is a continuation for developing basic swimming skills. Children enter this level with the ability to swim 15 yards without assistance. The instructor helps the child in being confident to use basic swimming skills for a distance of 25 yards without assistance and introduces sidestroke, breaststroke and elementary backstroke with assistance. Completion of this course or ability to perform skills taught in this course is a pre-requisite for the Youth Swim Team. MINNOW: This course is an introduction to intermediate swimming skills. Children enter this level with the ability to swim 25 yards independently on their front and back. The instructor encourages the child to perform front crawl, back crawl, breaststroke, elementary backstroke and sidestroke without assistance. FISH: This course is a continuation of intermediate swimming skills. Children enter this level with the ability to perform front crawl, back crawl, breaststroke, elementary backstroke and sidestroke without assistance. The instructor helps to refine these skills and build endurance to swim these strokes 50 yards. FLYING FISH: This course is an introduction to advanced swimming skills. Children enter this level with the ability to swim front crawl, back crawl, breaststroke, sidestroke and elementary backstroke for a distance of 25 yards. The instructor refines previously learned strokes, encourages students to swim a distance of 100 yards and introduces the butterfly. SHARK: This course is a continuation of advanced swimming skills. Children enter this level with the ability to swim 4-5 refined strokes for a distance of 50 yards. The instructor introduces the trudgeon stroke, the individual medley, and encourages students to swim a distance of 200 yards.
<ul style="list-style-type: none"> Youth Aquatic Sports <ul style="list-style-type: none"> Your child has independent swimming skills Your child must be able to swim 25 yards Your child wants to participate in a team sport 	4 - 17 Years Old	N/A	N/A	<ol style="list-style-type: none"> YOUTH SWIM TEAM: This program is an introduction to competitive swimming in an "everybody swims, everybody wins" atmosphere. Children learn the rules, regulations and techniques for competitive swimming. This team focuses on fun, building self-confidence and prepares them for the Y Team Orlando. Swim meets are held monthly and participation is optional. Children must be able to swim a distance of 25 yards on their front to begin participation. MASTERS SWIM CLUB: Our Masters Swim Club gives members, age 15 and over, an opportunity to receive guidance on strokes as well as swim in a group setting. The club attends masters meets in which participation is optional. A great way to keep up with your strokes and have fun while doing it!