

# Swim Class Descriptions

## **Parent/Child Classes** Class ratio 1:12

### **Babies:** Shrimp/Kipper (ages 6 months to 18 months)

This class is designed to begin a child's swimming experience in a positive manner. The parent and child together will begin their swimming development so that the parent can understand safe practices with their children in a water environment. The class covers basic water adjustment through the use of songs, the association of basic water skills and the reinforced repetition of skills

### **Tots:** Inia/Perch (ages 19 months to 36 months)

The Tots class is designed to continue the child's swimming development. Moving from basic water adjustment, we begin to develop the child's understanding of more complex skills such as breath control, arm movements and leg movements. The child will continue their learning through reinforced repetition, thus preparing the child for the preschool level swim classes.

## **Preschool Classes** Class ratio 1:6

### **Beginner:** Pike/Eel (Ages 3 to 5 years)

These classes are designed for the child who is either afraid of the water and does not put their face in the water; To the child who will attempt skills with assistance but cannot kick or glide properly. This class will teach the basic body positions of front, back and side along with beginning breath control. Basic arm and leg movements will also be taught.

### **Advanced:** Ray/Starfish (Ages 4 to 5 years)

This class is for the child who can swim 15 yards without assistance. The child will be able to use the three different body positions of front, back and side with the corresponding arm and leg movements. The child needs to have a good understanding of breath control and be able to swim in shallow and deep water without the aid of any instructional floatation device.

## **Youth Classes** Class ratio 1:8

### **Beginner:** Polliwog/Guppy (Ages 6 to 12 years)

This class is intended for the beginner swimmer who has no swimming experience to one who can swim 15 yards without an instructional floatation device.

### **Advanced:** Minnow/Fish/ Flying Fish/Shark and Porpoise (Ages 6 to 12 years)

The Minnow/ Fish class is intended for the intermediate swimmer who can swim 25 yards of front crawl, elementary backstroke, breaststroke, side stroke, and backstroke. Flying Fish/Shark and Porpoise levels are intended for the advanced swimmer.

## **Teen/Adult Classes**

### **All Levels:** (Ages 13 years and up)

This class is for anyone desiring to improve their swimming skills. This is for the beginner as well as the adult who would like to "polish" some of their strokes.

# Swim Lessons



- Discounted pricing for YMCA Members
- Classes for ages 6 months to adult
- Progressive Levels from beginner to advanced
- Weekday and Weekend classes
- Indoor, heated pool
- Year-round programming
- Experienced, caring, certified instructors
- Program prepares students for Swim Team, Water Polo Team, Synchronized Swim Team and/or Diving Team
- Voted "Best Swim Lessons" by Orlando Mom's Guide

YMCA AQUATIC CENTER  
8422 International Dr  
Orlando, FL 32819  
407-363-1911

[www.tryYtoday.com](http://www.tryYtoday.com)

# Monday/Wednesday Classes

*Classes meet 2 times per week for 4 weeks*

Jan 4—27; Feb 1—24; March 1—31 (no class 3/15 & 3/17)  
April 5—28; May 3—26

Parent/Child	6:15pm			
Pike/Eel	4:00pm	5:30pm		
Ray/Starfish	4:45pm			
Polliwog	4:00pm	5:00pm	6:00pm	
Guppy/Minnow	4:00pm	6:00pm		
Fish/Flying Fish	5:00 pm			
Teen/Adult	7:00pm			

# Tuesday/Thursday Classes

*Classes meet 2 times per week for 4 weeks*

Jan 5—28; Feb 2—25; Mar 2—Apr 1 (no class 3/16 & 3/18)  
April 6—29; May 4—27

Parent/Child	9:00am			
Pike/Eel	9:30am	12:00pm	4:00pm	5:30pm
Ray/Starfish	9:00am	12:30pm	4:45pm	6:15pm
Polliwog	4:00pm	5:00pm	6:00pm	
Guppy/Minnow	4:00pm	6:00pm		
Fish/Flying Fish	5:00pm			

# Saturday Classes

*Classes meet 1 time per week for 4 weeks*

Jan 9—30; Feb 6—27; Mar 6—Apr 3 (no class Mar 20)  
April 10—May 1; May 8—29

Parent/Child	9:45am		
Pike/Eel	9:00am	10:30am	12:00pm
Ray/Starfish	9:45am	11:15am	12:45pm
Polliwog	9:45am	11:45am	
Guppy/Minnow	10:45am	11:45am	12:45pm
Fish/Flying Fish	10:45am	12:45am	
Teen/Adult	8:45am		

# Private Lessons

We offer one on one instruction for children and adults ages 3 years and older. Call Vicki Golat, 407-363-1911 to arrange your schedule.

# SWIM LESSON REGISTRATION FORM

Please circle the class you would like to sign up for, from the list of classes on the left

Participants Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M or F

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Member: Yes or No Parents Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Waiver/Policies

I understand that the Central Florida YMCA assumes no responsibility for injuries or illness which the participant may sustain as a result of his/her physical condition or resulting from his/her athletic activities, the aquatic program, the use on any equipment, exercise, or other activities. I expressly acknowledge on behalf of myself that I assume the risk for any and all injuries and illness, which may result from my child's participation in these activities. I hereby release and discharge the Central Florida YMCA, its agents, servant and employees from any and all claims for injury, illness, death and loss or damage which the participant may suffer as a result of his/her participation in these activities. I understand that the Central Florida YMCA is not responsible for personal property lost or stolen while a member and/or program participant on Central Florida premises. I give my permission to the Central Florida YMCA to use, without limitation of obligation, photographs, film footage, or tape recordings, which may include a family's image or voice for the purpose of promoting or interpreting Central Florida YMCA programs.

I acknowledge the waiver set forth above, and being in sympathy with the Mission Statement of the Central Florida YMCA, agree to sign this waiver.

### Make-up Policy:

- The YMCA Aquatic Center will only reschedule cancelled swim classes due to **inclement weather or pool mechanical problems.**
- No other make-ups will be conducted.

### Refund Policy:

- Refunds for any swim class will be issued as long as the request is **Prior** to the start date of the class
- Refunds will require 4 to 6 weeks to be processed
- Refunds **Will not** be given for make-up classes being missed

\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date**

FOR OFFICE USE ONLY

Scholarship amount: \_\_\_\_\_ Amount paid: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Cash: \_\_\_\_\_ Credit \_\_\_\_\_ Check #: \_\_\_\_\_ Staff Initials: \_\_\_\_\_

Member # \_\_\_\_\_