

Dr. P. Phillips Family YMCA

YAQUATICS

Summer Swim Lessons 2010

REGISTRATION DATES / INFORMATION




Central Florida YMCA
Dr. P. Phillips Family Center



2010 SUMMER SESSION DATES / FEES

WEEKDAY SESSIONS (Mon & Wed or Tues & Thurs; 8 lessons for each session)

Session 5: (M&W) May 24 - June 9
(T&TH) May 25 - June 10

Session 6: (M-TH) June 14 - June 24
(M&W) June 14 - July 7

Session 7: (M-TH) June 28 - July 8
(M&W) July 12 - August 4

Session 8: (M-TH) July 12 - July 22
(M&W) August 9 - September 1

Session 9: (M-TH) July 26 - August 6

Session 10: (M-TH) August 9 - August 19

Fees (Session 5 ONLY)

Facility Member \$ 45
Non-Member \$ 95

Fees (Session 6 - 10)

Facility Member \$ 60
Non-Member \$ 125

SATURDAY SESSIONS (Sat only; 4 lessons for each session)

Session A: May 29-June 19
Session B: June 26-July 24
Session C: July 31-August 21

Fees

Facility Member \$30
Non-Member \$75

Private Swim Lessons:

Each 30 minute class is a one instructor to one student ratio based learning environment. All private lessons are scheduled by appointment only. The instructor will tailor the lesson to meet the needs of the student to build on specific goals. To arrange private swim lessons, obtain a **Private Swim Application** at the registration desk located in our Family Center.

Fees: Facility Members \$200 8 x 30 minute lessons
Non-Members: \$325 8 x 30 minute lessons

YOUTH SWIM TEAM

This is a developmental competitive swim team. Training will focus on proper technique of the 4 competitive strokes as well as starts and turns. Building endurance, teamwork and character values are a vital part of this program. Children that can swim 25 yds of Front Crawl and 25 yds of Backstroke are welcome to try out. **New Schedule begins June 14th: M, W-F 7:30 - 8:30 am, M-F 4 pm - 5 pm or 7 pm - 8 pm (10 & Over dryland from 6:30 - 7 pm)**

MASTERS SWIM PROGRAM

Intro to Masters: This group will work on stroke development and endurance. This is a great way to learn how to implement swimming into your exercise routine or prepare for a triathlon.

Masters: Adult swimmers will be coached through planned workouts focusing on stroke mechanics, endurance, and speed. Great for tri-athletes and cross-training. **Tues. 7:00 AM - 8:30 AM, Thurs. 10:30 AM-12:00 PM, Fri. 6:00AM-7:30 AM, Sun 9:00AM-10:30 AM**

SAFESTART—AGES 1-4 Years

This course is one of a kind drowning prevention program where children learn the survival skills of independent swimming and floating both in swimwear and everyday clothes. Children ages 1-4 years are taught through one on one instruction and come 5 days per week for 10 minutes each day. Appointments may be scheduled by calling the SafeStart office, **407-644-3606**.

PROGRAM REGISTRATIONS & POLICIES

REGISTRATION INFORMATION:

To assist you in registering your child/children we offer the following suggestions:

- ✓ Next to each general level, there are age ranges listed. These ranges should give you the right class to place your child/children. **For example:** Preschool Beginner (3 - 5 years old)
- ✓ The class description for each level is given under the class description section of this brochure. If your child cannot perform **every** skill listed in the advanced levels, then you should register them for the beginner class.
- ✓ Each level is made up of more specific levels. On the first day of class, the swim instructors will swim test your child/children to determine if they are correctly placed.

MAKE-UP POLICY:

- ✓ The Dr. P. Phillips YMCA Family Center will only reschedule cancelled swim classes due to **inclement weather** or **pool mechanical problems**.
- ✓ No other make-ups will be conducted.
- ✓ These cancelled classes will be rescheduled for the **Friday** immediately following the cancellation and will held at the originally scheduled time.
- ✓ If multiple make-up days occur in a week, the second make-up day will occur on the following **Saturday**. Make-up times will be announced when this occurs.

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.
- ✓ After the start date of the class, only credits may be issued.
- ✓ Refunds **will not** be given for make-up classes being missed.

We hope that you enjoy your experience here at the Dr. P. Phillips YMCA Family Center and especially within the Aquatic Program! If there is anything we can do to make your participation more enjoyable, please let us know!

For more information please contact Kelly Cuddihy or Mitzi Tighe at 407-351-9417 ext 109, e-mail addresses are kcuddihy@cfymca.org or mtighe@cfymca.org

2010 SUMMER CLASS SCHEDULE

PARENT / CHILD:

(6 months to 36 months)

M-TH 10:00AM - 10:30AM
 M-TH 10:50 AM - 11:20 AM
 M-TH 5:15PM-5:45PM
 M&W 5:15PM-5:45PM

SAT 10:10AM-10:40AM

PRESCHOOL:

Beginner (3 to 5 years) Pike

M-TH 9:05AM - 9:35AM
 M-TH 10:30AM - 11:00AM
 M-TH 11:05AM - 11:35AM
 M-TH 3:00PM-3:30PM
 M-TH 4:30PM-5:00PM
 M-TH 6:15PM-7:00PM
 M/W 3:00PM-3:30PM
 M/W 4:30PM-5:00PM
 M/W 6:15PM-7:00PM

SAT 8:30AM-9:00AM
 SAT 10:10AM-10:40 AM

Intermediate (3 to 5 years) Eel

M-TH 9:05AM - 9:35AM
 M-TH 10:30AM - 11:00AM
 M-TH 11:05AM - 11:35AM
 M-TH 3:00PM-3:30PM
 M-TH 4:30PM-5:00PM
 M-TH 6:15PM-7:00PM
 M/W 3:00PM-3:30PM
 M/W 4:30PM-5:00PM
 M/W 6:15PM-7:00PM

SAT 8:30AM-9:00AM
 SAT 10:10AM-10:40 AM

Advanced (4 to 5 years) Ray/Starfish

M-TH 9:05AM-9:35AM
 M-TH 10:30AM-11:00AM
 M-TH 11:05AM-11:35AM
 M-TH 3:00PM-3:30PM
 M-TH 4:30PM-5:00PM
 M-TH 6:15PM-7:00PM
 M/W 3:00PM-3:30PM
 M/W 4:30PM-5:00PM
 M/W 6:15PM-7:00PM

SAT 9:20AM-9:50AM
 SAT 11:00AM-11:30AM

YOUTH:

Beginner (6 to 12 years) Polliwog

M-TH 8:15AM-9:00AM
 M-TH 9:40AM-10:25AM
 M-TH 11:40AM-12:25PM
 M-TH 3:35PM-4:20PM
 M-TH 5:15PM-6:00PM
 M/W 3:35PM-4:20PM

SAT 8:30AM-9:15AM
 SAT 10:10AM-10:55AM

Intermediate (6 to 12 years) Guppy/Minnow

M-TH 8:15AM-9:00AM
 M-TH 9:40AM-10:25AM
 M-TH 11:40AM-12:25PM
 M-TH 3:35PM-4:20PM
 M-TH 5:15PM-6:00PM
 M/W 3:35PM-4:20PM
 M/W 5:15PM-6:00PM

SAT 9:20AM-10:05AM
 SAT 11:00AM-11:45AM

Advanced (6 to 12 years) Fish/Flying Fish

M-TH 8:15AM-9:00AM
 M-TH 9:40AM-10:25AM
 M-TH 11:40AM-12:25PM
 M-TH 3:35PM-4:20PM
 M-TH 5:15PM-6:00PM
 M/W 5:15PM-6:00PM

SAT 11:00AM-11:45AM

ADULT:

All Levels (13 years and up)

SAT 8:30AM-9:15AM (Beginner)
 SAT 11:00AM-11:45AM (Stroke Clinic)

SWIM CLASS DESCRIPTIONS (6 months to Adult)

PARENT / CHILD CLASSES:

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 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 in a fun and playful manner. Class Ratio - **1 : 12 pairs**



And

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. Class Ratio - **1 : 12 pairs**



PRESCHOOL CLASSES:

Beginner : Pike / Eel (Ages 3 years 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. Class Ratio - **1 : 6 students**



Advanced : Ray / Starfish (Ages 4 years 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 must be able to swim in shallow and deep water without the aid of any instructional floatation device. Class Ratio - **1 : 6 students**



YOUTH CLASSES:

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

The Polliwog / Guppy class is intended for the beginner swimmer who has no swimming experience to one who can swim 15 yards without an instructional floatation device. Class Ratio - **1 : 6 students**



Advanced : Minnow / Fish / Flying Fish / Shark (Ages 6 years to 13 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 class is intended for the swimmer who can perform 50 yards each of butterfly, front crawl, elementary backstroke, breaststroke, side stroke and backstroke. Class Ratio - **1 : 8 students**



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.