



Advanced Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

2010 Advanced Group Swimming Lessons

Session: **Nine - August 16th-September 9th**
 Ten - September 13th-October 7th

Registration: Registrations close the Friday prior to the lesson starting date or when a class is filled. Please register early.

Cost: **\$55 Members**
 \$110 Non Members

Classes run either Monday/Wednesday or Tuesday/Thursday for 4 weeks:

Monday/Wednesday -

Flying Fish Class: 6:30 PM - 7:15 PM
(45 min)

Tuesday/Thursday -

Shark/Porpoise Class: 6:30 PM - 7:15 PM
(45 min)

Please Note:

1. Assessments will be done the first class to determine if your child is in the right level of class, you may have to switch to a new class.
 2. These advanced swim lessons will not participate in any swim team events.
 3. Please come to lessons rain or shine. If possible we will do water safety activities.
 4. **THERE WILL BE NO MAKE-UP CLASSES UNLESS THERE ARE MAINTANENCE PROBLEMS.**
- Thank you for your understanding.

Group Ages and Descriptions

Flying Fish: Ages 6 - 12

Our Advanced Youth Program, for 6 to 12 year olds, focuses on floating, treading water, development of strokes, building endurance, and preparing to be on the Oviedo swim team.

The progressive classes are Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Porpoise.



Shark/Porpoise: Ages 6 - 12

Our Shark/Porpoise class, for 6-12 year olds, has all aspects of what a swim team does. Class focuses on some development of strokes, building endurance, proper flip turns, increasing speed and timing.

The progressive classes are Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Porpoise.



To register, please complete back of form and return to the front desk or the express registration box. For more information, please contact Andrew Aguirre, Aquatics Coordinator, at (407) 359-3606 ext. 229

Oviedo YMCA Family Center

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www.centralfloridaymca.org

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