



Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

2010 Group Swimming Lessons

Weekday Lessons:

Session: Nine - August 16th-September 9th

Ten - September 13th-October 7th

Weekend Lessons:

Session: Nine - August 28th-October 16th

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

Cost: Preschool and Parent/Child

\$50 Members

\$100 Non Members

Youth and Teen/Adult Lessons

\$55 Members

\$110 Non Members

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

Monday/Wednesday -

Pre-school Classes: 8:30 AM 9:05 AM 3:45 PM
(30 min) 4:30 PM 5:15 PM 5:50 PM
6:25 PM

Youth Class: 9:15 AM 3:30 PM 4:15 PM
(40 min) 5:00 PM 5:45PM

Parent/Child: 8:40 AM
(30 min)

Tuesday/Thursday -

Pre-school Classes: 9:05 AM 3:45 PM 4:30 PM
(30 min) 5:15 PM 5:50 PM 6:25 PM

Youth Class: 8:30 AM 9:15 AM 3:30 PM
(40 min) 4:15 PM 5:00 PM 5:45PM
6:30 PM

Parent/Child: 6:00 PM

Weekend classes are on Saturdays for 8 weeks:

Saturday -

Pre-school Classes: 8:00 AM 8:45 AM 10:30 AM 11:10 AM
(30 min)

Youth Classes: 8:00 AM 8:45 AM 11:10 AM 12:00 PM
(40 min.)

Parent/Child: 12:00 PM

Teen/Adult: 12:45 PM 1:30 PM
(40 min.)

Group Ages and Descriptions

Pre-school: Ages 3 - 5

Pre-school lessons are for children 3 to 5 years old. They are a child's first experience in the water independent of parental guidance. In these classes, children learn basic swimming strokes, floating, breath control, endurance and safety.

The progression is Pike, Eel, Ray, and Starfish.



Youth: Ages 6 - 12

Our Youth Program, for 6 to 12 year olds, focuses on floating, treading water, development of strokes, and diving skills.

The progressive classes are Polliwog, Guppy, Minnow, Fish, and Flying Fish.



Please Note:

1. Do not bring any type of flotation devices with your child to swim lessons.
2. We ask that parents/relatives distance themselves from the teaching area. You may sit in the observation area.
3. Please come to lessons rain or shine. If possible we will do water safety activities.
4. THERE WILL BE NO MAKE-UPS UNLESS THERE IS MAINTANENCE PROBLEMS.

Thank you for your understanding.

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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