

## Swim Lessons

### Beginning Skills

**Water Babies** – Age 6 months to 3 years with parent.  
Skippers: Parent child intro to water familiarization.

**Preschool** – Age 5 & under. 7 students per class.

**Pike:** Beginning water familiarization for children 3 years old and older.

**Eels:** Front glide kick, back glide kick, swim 10 yards.

**Progressive** – Age 6 & older. 7 students per class.

**Polliwog:** water adjustment, self-confidence, front glide kick, back glide kick, swim 10 yards.



### Intermediate & Advanced Skills

**Preschool** – Age 5 & under. 8 students per class.

**Rays:** Deep water introduction with crawlstroke and back swimming, endurance to 25 yards.

**Starfish:** Crawlstroke, elementary back, breast kick, 8 lengths.

**Progressive** – Age 6 & older. 8 students per class.

**Guppy:** Deep water introduction, crawl & back swimming 25 yards.

**Minnow:** Crawl, back crawl, elementary back, endurance 50 yards, introduction to diving.

**Fish:** Elementary back, breaststroke, endurance to 200 yards.

**Flying Fish / Shark:** Sidestroke & butterfly, individual medley, 200 yards endurance.



## Session Dates

### Tuesday & Thursday Lessons

Session 1: January 3<sup>rd</sup> – February 9<sup>th</sup>

Cost: \$48 member, \$84 program member

Session 2: February 14<sup>th</sup> – March 29<sup>th</sup>

Cost: \$56 member, \$98 program member

Session 3: April 10<sup>th</sup> – May 10<sup>th</sup>

Cost: \$40 member, \$70 program member

Session 4: May 15<sup>th</sup> – June 7<sup>th</sup>

Cost: \$32 member, \$56 program member

### Saturday Lessons

Session 1: January 7<sup>th</sup> – March 24<sup>th</sup>

Cost: \$44 member, \$77 program member  
(no class Feb. 18<sup>th</sup>)

Session 2: April 14<sup>th</sup> – June 9<sup>th</sup>

Cost: \$32 member, \$56 program member  
(no class May 26<sup>th</sup>)



### Sunday Lessons

Session 1: January 8<sup>th</sup> – March 25<sup>th</sup>

Cost: \$44 member, \$77 program member  
(no classes Feb. 19<sup>th</sup>)

Session 2: April 15<sup>th</sup> – June 10<sup>th</sup>

Cost: \$32 member, \$56 program member  
(no class May 27<sup>th</sup>)

## Swim Lessons

### What swim lesson class should my child be in?

#### Preschool (6 months – 5 year olds)

How old is your child?



6 months to 3

**Skippers**

3 years or older

#### Grade School (6 – 12 year olds)

Can your child swim front glide w/ kick and back w/ kick 10yds unassisted?



**Polliwog**

Can your child float unassisted on back and swim front glide w/ kick at least 15 feet unassisted?



**Pike**

Can your child swim 25yds front crawl and 25yds back crawl?



**Guppy**

Can your child swim 10yds front glide w/ kick incorporating a productive "breath of air" and 10yds. back flutter kick?



**Eels**

Can your child swim 25yds crawl stroke, backstroke and elementary backstroke?



**Minnow**

Can your child swim 20yds front crawl stroke w/ breathing and 25yds back flutter kick?



**Rays**

Can your child swim 50yds front crawl, back crawl, elementary backstroke and breaststroke in good form?



**Fish**

Can your child swim 25yds crawlstroke, backstroke and elementary backstroke?



**Fish**

**Starfish**

**Flying Fish / Shark**

**If you are a Fish you are ready for the Sea Otter Swim Team.**

**Check out page 15.**

## Swim Lessons

### Tuesday & Thursday Lessons

Beginning Skills

Skippers 10:45 - 11:15am, 5:00 - 5:30pm

Pike 11:20 - 12:00pm, 5:30 - 6:05pm, 6:10 - 6:45pm

Eels 12:00 - 12:35pm, 5:30 - 6:05pm, 6:10 - 6:45pm

Polliwogs 6:50 - 7:25pm

Intermediate / Advanced

Rays 5:30 - 6:05pm

Minnow 5:30 - 6:05pm

Fish 6:10 - 6:45pm

Guppy 6:50 - 7:25pm

Starfish 6:10 - 6:45pm

Flying Fish / Shark 6:50 - 7:25pm

### Saturday Lessons

Beginning Skills

Skippers 9:30 - 10:00am

Pike 10:00 - 10:40am

Eels 10:40 - 11:20am

Intermediate / Advanced

Rays 11:20 - 12:00pm

### Sunday Lessons

Beginning Skills

Pike 12:05 - 12:40pm

Eels 12:35 - 1:05pm

## Swim Team

### Skills & Drills

For the current Swim Team members, who wish to continue working on skills before Summer Swim Team.

Ages:

Mondays & Wednesdays

5:00 - 6:00pm

Session 1 Breaststroke: March 12<sup>th</sup> - March 21<sup>st</sup>

Cost: \$30 members only

Session 2 Freestyle: March 26<sup>th</sup> - April 2<sup>nd</sup>

Cost: \$23 members only

Session 3 Backstroke: April 4<sup>th</sup> - April 11<sup>th</sup>

Cost: \$23 members only

Session 4 Butterfly & IM: April 16<sup>th</sup> - April 25<sup>th</sup>

Cost: \$30 members only

## Swim Team

### Sea Otter Swim Team

Children participate in a competitive swim program designed to teach the finer technique of swimming fast, and to encourage training for competition, self development, leadership and sportsmanship. Swimmers train on Monday, Wednesday, and Friday evenings.

Age 5 - 21. Fish skill level & above.

May 14<sup>th</sup> - July 27<sup>th</sup>

Remaining School Year Turnout

Group I (Novice) 5:15 - 6:00pm

Group II 6:00 - 7:15pm

Group III 6:00 - 7:30pm

Summer Swim Team Practice Schedule

Group I (Novice) 9:35 - 10:20am

Group II 8:20 - 9:35am

Group III 8:00 - 9:35am

Cost: \$130 first child

Cost: \$117 additional children

### Swim Team Meets

Spring Splash YMCA of Grays Harbor May 26<sup>th</sup>

Yakima Naches June 30<sup>th</sup>

Summer Sizzler YMCA of Grays Harbor July 21<sup>st</sup>



### Super Stokers (Pre Swim Team Class)

Students refine skills and learn swim team drills.

Ages:

Mondays & Wednesdays

4:00 - 5:00pm

Session 1: March 12<sup>th</sup> - March 28<sup>th</sup>

Cost: \$48 member, \$75 program member

Session 2: April 2<sup>nd</sup> - April 25<sup>th</sup>

Cost: \$64 member, \$103 program member