

# SESSION DATES

## MARCH

M/W: Classes March 2 –25

T/TH Classes: March 3 – 26

Members \$40 Non-Members \$70

**Registration Begins: February 16**

**\*Registration Ends: February 26**

## APRIL

M/W Classes: March 30 – April 22

T/TH Classes: March 31– April 23

Members \$40 Non-Members \$70

**Registration Begins: March 16**

**\*Registration Ends: March 26**

## MAY

M/W Classes: May 4 – May 20

T/Th Classes: May 5 – May 21

Members \$30 Non-Members \$60

**Registration Begins: April 13**

**\*Registration Ends: April 27**

## SATURDAY

April 4, 11, & 25 & May 2, 9, & 16 (no class on April 18)

Members \$30 Non-Members \$60

**Registration Begins: March 14**

**\*Registration Ends: April 2**

**\*See back of brochure for new late registration policy.**

If you have any questions regarding swim lessons please contact:

Katherine Page

Aquatics Director

(336)-882-9622 ext. 235

katherine.page@ymcagreensboro.org

## GROUP SWIM LESSON POLICIES

1. A minimum of 3 participants is required to constitute a class for swim lessons.
2. Cancellations and class combinations will be done at Aquatic Director's discretion.
3. The Mary Perry Ragsdale Family YMCA does not make-up classes if you are absent from your regularly scheduled class.
4. In the event of thunder or lightning the pool will close and will not re-open until thirty (30) minutes of the last sight of lightning or sound of thunder.
5. In the event the Ragsdale YMCA closes the pool for any reason you will be given a voucher for the class, which you can use toward your next session of swim lessons.

**All children under the age of 5 must have a parent in the water with them within arms reach if they would like to swim before or after swim lessons.**

*If a class is full please ask to be put on the waiting list. We may add another class.*

### **\*New Late Registration Policy**

**As of March 1<sup>st</sup> all late registrations for swim lessons will be charged a \$5.00 late fee and participants must have prior approval from Aquatics Director before registering past registration end date.**

*The mission of the YMCA is to put Judeo-Christian principles into practice through programs that build a healthy, mind, spirit and body.*

Mary Perry Ragsdale Family YMCA

900 Bonner Dr.

Jamestown, NC 27282

[www.ragsdaleymca.org](http://www.ragsdaleymca.org)

# SWIM LESSONS

S p r i n g 2 0 0 9

MARY PERRY RAGSDALE  
FAMILY YMCA

*Did you know? The YMCA was the first organization to offer Group Swim Lessons!*



**120 years**  
**STRONG**  
YMCA OF GREENSBORO

## PRESCHOOL CLASSES

Age 6 months – 5 years

**Skips (Parent/Tot):** A parent/child class designed for children ages 6 – 36 months. Children will learn to be comfortable in the water. *Prerequisite:* Child must have head control and Parent or guardian (age 18 or older) must be in the water with the child.

**Pike (Beginner I):** A class for children ages 3 – 5 years old. Children will learn kicking, floating, arm movement, and pool safety. *Prerequisite:* 3 years old by the first day of class and leave parent willingly.

**Eel (Beginner II):** Children will learn to paddle 25 yards with a float belt on front, back and side. Children will also continue to work on floating and kicking. *Prerequisite:* Child must be able to paddle 5 feet unassisted.

**Ray/Starfish (Advanced Beginner):** Children will learn rhythmic breathing (taking a breath while swimming), how to tread water and adjust to deep water. *Prerequisite:* Child must be able to paddle 10 feet unassisted.

### SWIM TEST DAYS:

If you are unsure what level to register for we will have swim test days on the following Fridays to place your child. If your child is currently in swim lessons, please ask their swim instructor.

February 20, 5:00 – 6:00 p.m.

March 20, 5:00 – 6:00 p.m.

April 17, 5:00 – 6:00 p.m.

## YOUTH CLASSES

Ages 6 –12 years

**Polliwog (1):** Teaches beginning swimming on front back and side. Children will also learn the front and back float. *Prerequisite:* Child must be 6 years old or in first grade.

**Guppy (2):** Teaches rhythmic breathing taking a breath (to the front) while swimming, treading water, back crawl, jumping into deep water and beginning diving. *Prerequisite:* Child must be able to paddle 20 feet on front.

**Minnow (3):** Teaches front crawl with rotary breathing (breathing to the side), backstroke, sidestroke, breaststroke and dolphin kick. *Prerequisite:* Child must be able to swim 1 length of the pool (25 yards). and be comfortable in deep water.

**Fish/Flying Fish (4):** Children will work on endurance to swim multiple lengths of the pool. Teaches children the butterfly stroke. Children will work on refining breaststroke, sidestroke, freestyle and back crawl. Children will also learn flip turns. *Prerequisite:* Child should be able to swim 1 length (25 yards) of freestyle, backstroke and breaststroke.

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**TEEN:** A class just for teens to learn beginning and intermediate swimming.

**ADULT:** A class for beginner swimmers or more intermediate swimmers who want to learn more strokes or learn how to swim laps for fitness.

## CLASS SCHEDULE

### Monday/Wednesday Classes

4:00 – 4:30 Skips (Parent/Tot)

4:30 – 5:00 Pike

4:30 – 5:00 Eel

5:00 – 5:30 Pike

5:00 – 5:30 Eel

5:45 – 6:30 Polliwog

5:45 – 6:30 Guppy

6:30 – 7:15 Minnow

6:30 – 7:15 Fish/Flying Fish

### Tuesday/Thursday Classes

10:00 – 10:30 Pike (new time!)

10:30 – 11:00 Eel

4:00 – 4:30 Pike

4:00 – 4:30 Eel

4:00 – 4:30 Ray/Starfish

4:45 – 5:30 Polliwog

4:45 – 5:30 Guppy

5:45 – 6:30 Minnow

5:45 – 6:30 Fish/Flying Fish

6:30 – 7:15 Teen (new class!)

### Saturday Classes

9:00 – 9:30 Skips (Parent/Tot)

9:00 – 9:30 Pike

9:00 – 9:45 Adult

10:00 – 10:30 Pike

10:00 – 10:30 Eel

10:00 – 10:30 Ray/Starfish

10:45 – 11:30 Polliwog

10:45 – 11:30 Guppy

10:45 – 11:30 Minnow

11:30 – 12:00 Pike

11:30 – 12:00 Eel