

Winter Swim Lessons

2009-2010 Ragsdale Family YMCA

Swim Lessons at the Y are offered the entire year. Below are the session dates and registration dates for our next several sessions. Swim Lessons are offered on weekdays or Saturdays, and each session is composed of six (6) lessons. Weekday classes run for three or four weeks, with 2 lessons each week. Saturday classes run for six weeks, with 1 lesson each week. Registration for all sessions below is open.

Sessions	Mon. & Wed. Class Dates	Tues. & Thurs. Class Dates	Saturday Class Dates	Last Day to Register	Costs
December	November 30 – December 16	December 1 – 17		November 27	\$30 Members \$55 Non- Members
January	January 4 – 27 *No Class Jan. 19 MLK Day M/W Classes pro-rated for holiday.	January 5 – 28		December 31	\$40 Members \$72 Non-Members \$35 Members* \$63 Non-Members*
February	February 1 – 24	February 2 – 25		January 29	\$40 Members \$72 Non-Members
Saturday Winter 1			January 9 – February 13	January 7	\$30 Members \$55 Non- Members
Saturday Winter 2			February 20 – March 27	February 18	\$30 Members \$55 Non-Members

Class times and availability are subject to change. P – Preschool Classes, Y – Youth Classes. Times and Days cannot be mixed and matched, no exceptions. No Make-up classes. Late registrations must have prior approval of Aquatics Director and are not guaranteed. Late registrations will be charged a \$10 late fee.

SKIPS (LEVEL – 0): A class for children **ages 6 - 36 months** and their parents. Learn water adjustment skills, personal safety, and fun!

Day of the week: Saturday Time: 9:15 – 9:45 AM Parent or adult age 18 or older must accompany the child in the water.

PIKE (LEVEL P-1): Beginning skills for children **ages 3-5** that have little or no swimming and floating skills, emphasis is on basic locomotion.

Days of the week: Monday & Wednesday Time: 5:15 – 5:45 PM or 6:30 – 7:00 PM
Days of the week: Tuesday & Thursday Time: 10:00 – 10:30 AM or 5:30 – 6:00 PM
Day of the week: Saturday Time: 9:15 – 9:45 AM or 10:00 – 10:30 AM

EEL (LEVEL P-2): Advanced Beginning skills for children **ages 3 – 5** who can paddle 5 feet unassisted.

Days of the week: Monday & Wednesday Time: 5:15 – 5:45 PM
Days of the week: Tuesday & Thursday Time: 10:30 – 11:00 AM or 5:30 – 6:00 PM
Day of the week: Saturday Time: 10:00 – 10:30 AM

RAY/STARFISH (LEVEL P-3): Intermediate skills for children **ages 3 – 5** that can float, and paddle 15 feet unassisted.

Days of the week: Monday & Wednesday Time: 5:15 – 5:45 PM
Days of the week: Tuesday & Thursday Time: 11:00 – 11:30 AM
Day of the week: Saturday Time: 10:00 – 10:30 AM

POLLIWOG (LEVEL Y-1): Beginning skills for children **ages 6 – 12** the emphasis is on floating, and basic stroke development.

Days of the week: Monday & Wednesday Time: 4:30 – 5:15 PM or 5:45 – 6:30 PM
Days of the week: Tuesday & Thursday Time: 6:00 – 6:45 PM
Day of the week: Saturday Time: 10:45 – 11:30 AM

GUPPY (LEVEL Y-2) Advanced Beginning skills for children **ages 6 – 12** who can paddle 15 feet unassisted on front and back.

Days of the week: Monday & Wednesday Time: 4:30 – 5:15 PM or 5:45 – 6:30 PM
Days of the week: Tuesday & Thursday Time: 6:00 – 6:45 PM
Day of the week: Saturday Time: 10:45 – 11:30 PM

MINNOW (LEVEL Y-3): Intermediate skills for children **ages 6 – 12** who can swim 25 yards (1 pool length) using front crawl and backstroke.

Days of the week: Monday & Wednesday Time: 4:30 – 5:15 PM or 5:45 – 6:30 PM
Days of the week: Tuesday & Thursday Time: 6:45 – 7:30 PM
Day of the week: Saturday Time: 10:45 – 11:30 AM

FISH/FLYING FISH (LEVEL Y-4): Advanced skills for children **ages 6 – 12** who can 1 length of the swim breaststroke, backstroke and front crawl.

Days of the week: Monday & Wednesday Time: 6:30 – 7:15 PM
Days of the week: Tuesday & Thursday Time: 6:45 – 7:30 PM
Day of the week: Saturday Time: 10:45 – 11:30 AM

ADULT (LEVEL A): Designed for beginning adult swimmers and also for adult swimmers who want to learn more strokes or swim for fitness.

Ages 13 & up.

Day of the week: Saturday Time: 9:00 – 9:45 AM