

Greater Holyoke YMCA

Learn to Swim Week



Program Session Information:
 Registration is going on now!
 Session Dates: February 15-19, 2010



If you are a member you can register on-line at www.holykeymca.org

The Learn to Swim Program at the YMCA is designed so that children can take swim lessons Monday thru Friday for school vacation week. They they will not only learn how to swim better, but they will also learn key safety skills.



Pre-School 6 Months to 5 years of age

Water Babies: This is a Parent-Child class for ages 6 months to 35 months, this class focuses on developing the comfort level of the young swimmer.

10:00 to 10:30 AM

Pike/Eel: This is a beginner class for 3-5 year olds, this class will focus on pool rules, breath control, floating, and swimming on their front & backs.

9:30 to 10:00 AM 4:00 to 4:30 PM
 10:00 to 10:30 AM 4:30 to 5:00 PM
 3:30 to 4:00 PM

Starfish: This class is for 3-5 year olds that can swim 15 feet without flotation aid and are comfortable on their back and going underwater. Swimmers will learn more in-depth skills such as rotary breathing and backstroke.

9:30 to 10:00 AM 4:30 to 5:00 PM
 3:30 to 4:00 PM

Youth Lessons 6 to 13 years of age

Poliwog: This is a beginner class for 6 to 13 year olds. Swimmers will work on their kick, breath control, floating, and progress to independent swimming.

10:00 to 10:30 AM
 3:30 to 4:00 PM

Guppy/Minnow: This is a class for an intermediate swimmer ages 6-13 years old. Swimmers must be able to swim 15 yards on their front and back and comfortable going underwater. They will learn proper freestyle and backstroke technique and learn breaststroke kick.

9:30 to 10:00 AM
 4:00 to 4:30 PM

Fish/Shark: This is an advanced class for ages 6-13 year olds. Swimmers must be able to complete at least 40 yards of freestyle and backstroke with good technique and breaststroke kick. They will learn breaststroke, butterfly, flip turns, and build endurance.

4:00 to 4:30 PM

FIT AS A FISH! (AGES 8-14)

Enjoy water fitness activities and water games at the same time. Compete in a water obstacle course, play wet ball, fishy fishy, swim fast laps with the flippers, and much more. This 30-minute class is for swimmers who have completed at least one session of the

4:30 to 5:00 PM



Contact: Kerry Cordis 413-534-5631 (X103)
 Location: 171 Pine Street, Holyoke, MA 01040

Fees:	
Member	\$14.00
Program	\$16.00
Non-Member	\$22.00

