



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Verdugo Hills Family YMCA April - June 2011 Group Swim Schedule

Sessions ★				Sign-up Dates			
M/W Sessions				M/W Sessions			
Session 1	April	4	- April 27	Session 1	March 21	-	April 15
Session 2	May	2	- May 25	Session 2	April 25	-	May 14
Session 3	June	1	- June 27	Session 3	May 23	-	June 10
T/TH Sessions				T/TH Sessions			
Session 1	April	5	- April 28	Session 1	March 21	-	April 15
Session 2	May	3	- May 26	Session 2	April 25	-	May 14
Session 3	June	2	- June 28	Session 3	May 23	-	June 10
SAT Sessions				SAT Sessions			
Session 1	May	7	- June 25	Session 1	April 25	-	May 14

Fees:

Facility Members: \$ 40.00
Program Members: \$ 85.00

Contact Information:

Suzanne McMillen
VHY Aquatics Director
818.352.3255 ext 328
smcmillen@ymcafoothills.org

★ Credit will be given for sick children only
with a doctor's note.

Private Swim Lessons

Designed as a complete course or to enhance group swim lessons. Private and semi-private swim lessons are available during recreational swim times. Classes are for ages 2 and older.

Sign-up Dates

April Lessons March 19
May Lessons April 16
June Lessons May 21

Private Lessons

Facility Members \$ 25.00 per 1/2 hour
Program Members \$ 30.00 per 1/2 hour

Semi-Private Lessons (2 students per lesson)

2 Facility Members \$ 35.00 per 1/2 hour
or
2 Community Members \$ 40.00 per 1/2 hour

Registration Information

Appointments are made at the YMCA front desk. Payment for lesson is due at the time of registration. To cancel a lesson and receive a credit, you must notify the YMCA 48 hours in advance by contacting the Membership Service Desk.

Note: Instructors are subject to change without notice.

Contact Information

Kim Roberts
Private Lesson Coordinator
(818) 790-0123 ext. 234

Group Swim Lesson Schedule by Skill Level

Group lessons are small to ensure the safety and progress of your child. Our experienced staff ensures that all swimmers participate in a safe and friendly environment. The swim curriculum includes: stroke development; personal safety, rescue techniques, personal growth, water sports, and games.

Parent/Child

6 - 36 months

Swim diaper or tight rubber pants required. Changing table available in youth locker rooms



Shrimp

6 mos. - 2 1/2 years
(Shrimp/Kippers/Inia)

T/TH 5:00 - 5:30 pm
SAT 9:00 - 9:30 am



Perch

2 1/2 - 3 1/2 years

T/TH 5:00 - 5:30 pm
SAT 9:00 - 9:30 am

Preschool

3 - 5 years old/Four skill levels



Pike

(non-swimmer)

M/W 5:00 - 5:30 pm
M/W 5:30 - 6:00 pm
T/TH 5:00 - 5:30 pm
T/TH 5:30 - 6:00 pm
SAT 9:00 - 9:30 am
SAT 9:30 - 10:00 am



Eel

(Advanced Beginner)

Entry skill: prone float 3 seconds, blow bubbles, flutter kick 10 ft. with kickboard, swim unaided for 5 ft.

M/W 5:00 - 5:30 pm
T/TH 5:00 - 5:30 pm
T/TH 5:30 - 6:00 pm
SAT 9:00 - 9:30 am



Ray

(Intermediate)

Entry skill: prone float 6 sec. alone, swim paddle stroke 15 ft., back float 6 seconds, jump/turn around, swim back to wall.

M/W 5:30 - 6:00 pm
T/TH 5:30 - 6:00 pm
SAT 9:30 - 10:00 am



Starfish

(Advanced)

Entry skill: back float 10 seconds, swim arms and kick 20 ft. with breathing in water over 6 ft. in depth, kick and finning on back 6 ft., jump into deep water and swim 10 ft.

M/W 5:30 - 6:00 pm
T/TH 5:30 - 6:00 pm
SAT 9:30 - 10:00 am



Polliwog
(non-swimmer)

M/W 6:00 - 6:45 pm
SAT 9:00 - 9:45 am



Guppy

(Advanced Beginner)

Entry skill: water adjustment, floating back and front, front glide, front/back flutter kick, paddle stroke, rhythmic breathing.

M/W 6:00 - 6:45 pm
M/W 6:45 - 7:30 pm
T/TH 6:00 - 6:45 pm
SAT 9:00 - 9:45 am



Minnow

(Intermediate)

Entry skill: floating, somersaults/front and back, treading, back crawl 25 yds., diving, wet ball throw.

M/W 6:00 - 6:45 pm
T/TH 6:00 - 6:45 pm
SAT 9:00 - 9:45 am



Fish

Entry skill: survival floating, front crawl 25 yds., back crawl 25 yds., diving, breast stroke, side stroke, synchro skills.

M/W 6:45 - 7:30 pm
T/TH 6:00 - 6:45 pm
SAT 9:45 - 10:30 am



Flying Fish

(Advanced)

Entry skill: survival floating, treading water, masks and fins, elementary back stroke 50 yds., front crawl 50 yds., back crawl 50 yds., butterfly 15 yds., side stroke.

M/W 6:45 - 7:30 pm
T/TH 6:45 - 7:30 pm
SAT 9:45 - 10:30 am



Shark

(Advanced)

Entry skill: kip, crawl stroke 100 yds., butterfly stroke 100 yds., breast stroke 100 yds., individual medley 200 yds., diving, snorkels.

T/TH 6:45 - 7:30 pm
SAT 9:45 - 10:30 am



Porpoise

Entry skill: polo skills, front start, breaststroke start and turn, front flip turn, back open turn, back crawl, life-saving medley.

T/TH 6:45 - 7:30 pm
SAT 9:45 - 10:30 am

Pre-Competition

T/TH 6:00 - 6:45 pm

Adult

T/TH 6:45 - 7:30 pm
SAT 8:15 - 9:00 am