

For the safety of all swimmers:

Children who are not potty-trained must wear a swim diaper to enter the pool.

Children are not allowed, for any reason, in the men's and women's locker rooms. Bathrooms are located in the hallway thru the main pool door. Family changing areas are located in the pool area.

Running is not allowed in the pool area. Please walk at all times.

Proper swim attire is required.

Persons having or suspected to have any communicable disease such as skin, eye, ear, intestinal or respiratory infection should not enter the pool.

The pool area closes in the event of thunder and/or lightning and remains closed for 30 minutes after the last sound or strike.

If inclement weather presents itself prior to the class starting, the class will be made up. If it happens while the class is in progress, the lost time will not be made up.

Parents are asked to remain at the YMCA for the duration of each swim lesson.

Lessons that are missed due to personal conflicts will not be made up.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

A LESSON OF A LIFETIME

**SWIM LESSONS
Winter 2018
GREENE COUNTY YMCA**



**GREENE COUNTY YMCA
404 Y Street
Greeneville, TN 37745
423-639-6107
www.greenecounty-ymca.org**



**PRESCHOOL LEVELS
AGES 3 – 5**

Pike

Beginner level for this age group. Classes will work on water adjustment, floating, kicking and swimming on both the front and back. Child must be able to swim 5 feet on front and back without floatation device before progressing to Eel.

Eel

This level will focus on increased independence. Participants will work on front, back and side paddle, jumping in pool without assistance, PFD's and safety skills. Child must be able to swim 15 feet on front and back without floatation device before progressing to Ray.

Ray

In this level, participants will begin working on side breathing, while continuing to focus on front, back and side paddle. They will also learn about diving safety, floating and treading water. Child must be able to swim 20 feet on both front and back without the aid of floatation devices before progressing to Starfish.

Starfish

The starfish level encourages participants to continue to work on strokes while increasing endurance. The student must be able to swim 40 feet without floatation device before progressing to the next level.



**YOUTH LEVELS
AGES 6 – 13**

Polliwog

Beginner level for this age group. Participants will work on floating, kicking and paddling on the front, back and side. Must be able to swim 20 feet without floatation device before progressing to the Guppy level.

Guppy

Students will continue to work on front, back and side paddle. In addition to these strokes, they will also learn floating, treading water, diving safety rules and side breathing. Participants must be able to swim 25 yards (one length of the pool) on front, back and side before moving on to the Minnow level.

**PRIVATE LESSONS
AGES 3 AND UP**

Private Lessons

Enjoy the individual attention that only a private swim lesson can offer. Private lessons are one-on-one and are tailored to meet the unique needs of the participant. A caring, qualified swim instructor teaches each 30 minute class. Private lessons are for ages 3 and older and are scheduled according to the current pool schedule, the swimmer's schedule, and the instructor's schedule. Lessons are sold in packages of five. Please see the Member Service Desk for more information.

SESSION DATES

**January 16th thru February 8th
February 13th thru March 8th
April 3rd thru April 26th**

Level	Day of the Week	Time	Price	# of Lessons
Pike and Eel (Beginner 3-5 year olds)	Tues & Thur	9:45 a.m. (30 min) 5:00 p.m. (30 min)	\$37 M \$58 NM	8
Ray and Starfish (Advanced 3-5 year olds)	Tues & Thur	5:00 p.m. (30 min)	\$37 M \$58 NM	8
Polliwog and Guppy (Beginner 6- 13 year olds)	Tues & Thur	5:45 p.m.(45 min)	\$47 M \$68 NM	8
Advanced Levels (Advanced 6- 13 year olds)	Tues & Thur	Please see Aquatics Director	\$47 M \$68 NM	8
Adult	Tues & Thur	7:00 p.m. (45 min)	\$47 M \$68 NM	8

SWIMMING FOR ALL AGES

PRESCHOOL LEVELS AGES 3 - 5

Parent/Tot

Parent/child class designed for children ages 6 months to 3 years old. Students must be accompanied by adult. This class will allow children to adjust to the water through group interaction, songs and games.

Pike

Beginner level for this age group. Classes will work on water adjustment, floating, kicking and swimming on both the front and back. Child must be able to swim 5 feet on front and back without floatation device before progressing to Eel.

Eel

This level will focus on increased independence. Participants will work on front, back and side paddle, jumping in pool without assistance, PFD's and safety skills. Child must be able to swim 15 feet on front and back without floatation device before progressing to Ray.

Ray

In this level, participants will begin working on side breathing, while continuing to focus on front, back and side paddle. They will also learn about diving safety, floating and treading water. Child must be able to swim 20 feet on both front and back without the aid of floatation devices before progressing to Starfish.

Starfish

The starfish level encourages participants to continue to work on strokes while increasing endurance. The student must be able to swim 40 feet without floatation device before progressing to the next level.

YOUTH LEVELS AGES 6 - 13

Polliwog

Beginner level for this age group. Participants will work on floating, kicking and paddling on the front, back and side. Must be able to swim 20 feet without floatation device before progressing to the Guppy level.

Guppy

Students will continue to work on front, back and side paddle. In addition to these strokes, they will also learn floating, treading water, diving safety rules and side breathing. Participants must be able to swim 25 yards (one length of the pool) on front, back and side before moving on to the Minnow level.

Minnow

In this level students will begin learning breaststroke, sidestroke and backstroke. They also learn many safety skills including treading water and swimming with a PFD. Participant must be able to swim 25 yards of rudimentary front crawl, back crawl, breaststroke and elementary back stroke before progressing into the Fish level.

Fish

Participants will continue to work on all strokes, focusing on refinement and endurance. The butterfly stroke and open turns will also be introduced in this level. Must be able to swim 50 yards of front crawl, back crawl, breaststroke and elementary backstroke before moving into the Flying Fish level.

Flying Fish

In this level participants will focus on personal safety, along with improving skills and endurance. Students must be able to swim 15 yards of butterfly and 100 yards of front crawl, breaststroke, elementary backstroke, back crawl, and side stroke before progressing into the Shark level.

Shark

The shark level teaches students about personal safety, rescue skills and water sports and games. Participants must be able to swim a 200 yard individual medley.

ADULT LESSONS AGES 14 AND UP

Adult

Adult classes are for individuals age 14 and older and are divided into two classes. If you are a non-swimmer who wants to learn to swim, we can help. It is never too late to learn! We also offer instruction for more advanced swimmers who may wish to refine their strokes, improve turns, or increase swimming endurance.

PRIVATE LESSONS AGES 3 AND UP

Private Lessons

Enjoy the individual attention that only a private swim lesson can offer. Private lessons are one-on-one and are tailored to meet the unique needs of the participant. A caring, qualified swim instructor teaches each 30 minute class. Private lessons are for ages 3 and older and are scheduled according to the current pool schedule, the swimmer's schedule, and the instructor's schedule. Lessons are sold in packages of five. Please see the Member Service Desk for more information.



Price includes 8 lessons. Refunds will not be given for missed classes or late registrations.