

## 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 18 and older 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, as well as a our new family changing locker rooms located adjacent to the pool.

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.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A LESSON OF A LIFETIME

SWIM LESSONS  
Summer 2024  
GREENE COUNTY YMCA



GREENE COUNTY YMCA  
404 Y Street  
Greeneville, TN 37745  
423-639-6107  
[www.greenecounty-ymca.org](http://www.greenecounty-ymca.org)  
Dinnia Cairy Aquatic Director



### Parent/Tot 6 months - 36 months

Parent/ tot 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.

### 3-5 Year-olds

Classes will work on water adjustment, floating, kicking and swimming on both the front and back. As well as working to strengthen skills and begin learning basic strokes. Teaching can be altered to fit students level.

### 6-13 Year-olds

In this class, we will work on the techniques associated with swimming. We are beginning to learn the basics of freestyle and breaststroke, as well as getting comfortable floating on our backs and putting our faces in the water. Teaching can be altered to fit students skill level.

### AGES 5 - 8 & 9 - 16

### ADVANCED STROKE & TURN.

### 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 - adult and are scheduled according to the current pool schedule, the swimmer's schedule, and the instructor's schedule. Lessons are sold



GROUP LESSON SESSION DATES				
<b>June 17 - 27</b> <b>July 8 - 18</b> <b>July 22 - Aug 1</b>				
Level	Day Of the Week	Time	Price	# of Lessons
3-5 year olds	Mon - Thur	9:30 - 10:00 A.M. 5:45 - 6:15 P.M.	\$40 M \$65 NM	8
6-13 year olds	Mon - Thur	10:00 - 10:45 A.M. 6:15 - 7:00 P.M.	\$50 M \$75 NM	8
Parent/Tot 6 Months - 36 Months	Mon - Thur	5:15 - 5:45 P.M.	\$40 M \$65 NM	8

ADVANCED STROKE & TURN				
<b>June 3 - 13</b> <b>June 17 - 27</b> <b>July 8 - 18</b> <b>July 22 - Aug 1</b>				
Level	Day of the Week	Time	Price	# of Lessons
5 - 8 year olds	Mon - Thur	7:00 - 7:30 P.M.	\$40 M \$65 NM	8
9 - 16 year olds	Mon - Thur	7:30 - 8:15 P.M.	\$50 M \$75 NM	8

# SWIMMING FOR ALL AGES

## PRESCHOOL LEVELS

### 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.



## YOUTH LEVELS

### 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 breast-stroke, 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

## ADULT LESSONS

### 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

## PRIVATE LESSONS

### 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