



# GEAUGA FAMILY YMCA OTTER SWIM SCHOOL

Summer 1: June 5 – July 14 (6 weeks) \*no class 6/3 or 7/4

Summer 2: July 15 – August 25 (6 weeks)



	<b>A - Water Discovery</b>	<b>B - Water Exploration</b>	<b>1 - Water Acclimation</b>	<b>2 - Water Movement</b>	<b>3 - Water Stamina</b>	<b>4 - Stroke Introduction</b>	<b>5 - Stroke Development</b>	<b>6 - Stroke Mechanics</b>
<b>Description</b>	Introduces infants and parents, using songs and games, to basic skills and water safety.	Introduces toddlers/preschoolers and parents, using songs and games, to basic skills, lesson structure & water safety in preparation to be in our learn to swim program.	Beginner: Focus on safety, learning to "ask", enter/exit pool safely, front/back float with help, roll from front to back with help, front/back glide with help. 20 min. of lessons with 10 min. of structured play	Adv. Beginner: Focus on safety, learning to "ask", enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerge, tread water	Intermediate: Focus on safety, learning to "ask", introduction to front crawl & back crawl, perfect roll from front to back, tread water for 1 minute, retrieve object in chest deep water	Intermediate: Focus on safety, learning to "ask", front crawl & back crawl, elem. backstroke, intro to breaststroke and butterfly, tread water for 1 minute, sitting dive.	Advanced: Focus on swimming proficiently, front & back crawl for 25 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, kneeling dive, Students completing this level will be ready for the Otters Swim Team. goswimming.org	Pre-Swim Team: Focus on swimming proficiently, front & back crawl for 50 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, standing dive, Students completing this level will be ready for the Otters Swim Team goswimming.org
<b>Age</b>	<b>Parent/Child Ages 6 – 24 mo.</b>	<b>Parent/Child Ages 2-4</b>	<b>PS- Ages 3 -5 Y- Ages 6-10</b>	<b>PS- Ages 3 -5 Y- Ages 6-10</b>	<b>PS- Ages 3 -5 Y- Ages 6-12</b>	<b>PS- Ages 3 -5 Y- Ages 6-12</b>	<b>Y- Ages 6-12</b>	<b>Y- Ages 6-12</b>
<b>M</b>			PS- 6:40-7:10p	PS- 7:15-7:45p	PS- 6:05-6:35p Y- 6:05-6:35p	PS- 6:05-6:35p Y- 6:05-6:35p	Y- 6:40-7:20p	Y- 6:40-7:20p
<b>T</b>			PS- 11:00-11:30a		PS- 11:30a-12:00p			
<b>W</b>	P/C- 6:40-7:10p	P/C- 6:40-7:10p	PS- 6:05-6:35p Y- 7:15-7:45p	PS- 6:05-6:35p Y- 7:15-7:45p	PS- 6:05-6:35p Y- 6:40-7:10p	Y- 6:40-7:10p	<b>Special Opportunity— Competitive Skills</b> Thursdays 4:00-5:00 Prepare for Fall swim team	
<b>Th</b>								
<b>F</b>	P/C- 11:25-11:55a	P/C- 11:25-11:55a	PS- 10:15-10:45a Y- 10:15-10:45a	PS- 10:50-11:20a Y- 10:15-10:45a	PS- 11:25-11:55a Y- 10:50-11:20a		Y- 11:25-11:55a	
<b>Sa</b>	P/C- 11:25-11:55a	P/C- 9:30-10:00a	PS- 10:50-11:20a Y- 11:25-11:55a	PS- 10:15-10:45a Y- 10:15-10:45a	PS- 9:30-10:00a Y- 10:50-11:20a	PS- 10:50-11:20a Y- 10:15-10:45a	Y- 9:30-10:10	
<b>Su</b>			PS- 12:00-12:30p Y- 1:10-1:40p	PS- 12:35-1:05p Y- 1:10-1:40p	PS- 12:00-12:30p Y- 12:35-1:05p	Y- 12:35-1:05p	Y- 1:10-1:50p	Y- 1:10-1:50p

**Swim Lesson Policies:** Please register for classes at least 48 hours prior to the start of the class. If less than 3 students are enrolled in a class, the YMCA reserves the right to combine or cancel classes. If your class is cancelled, you will be contacted and issued a refund. Due to the limited student-instructor ratio, **there are no make-ups, credits or refunds given for missed classes**, including weather related cancellations. **This schedule is subject to change at any time.**

**Adults:** Beginners- Wednesdays, 2:00-2:30pm  
Advanced/Technique- Wednesdays, 7:15-8:00pm  
Fridays, 5:30-6:15pm

**Price per lesson:** Plus Member/Member/Program Member  
Parent/Child: \$2.50/5/10 Levels 1 - 4: \$4/8/16  
Adults: \$4/8/16 Levels 5 - 6: \$4.50/9/18  
Competitive Skills: \$5/\$10/\$20

**Swim Team:** [www.goswimming.org](http://www.goswimming.org) for more info  
Fall Team begins the week of September 16

**Private Lessons:** Available in 5 packs (\$90/member) or 10 packs (\$162/member)  
Other options available. See the front desk for information.