



Revised 8.16.19

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

Swim Lessons

Parker Hannifin Downtown YMCA				September 3rd - October 27th 2019		
Teen Swim Lessons - ages 11 to 15 years						
	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Teen Swim Lessons Intro to front & back crawl, roll from front to back, tread water 1 minute.					11:00-11:30a Patrick	
Adult Swim Lessons - ages 16 & over						
	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Adult - Beginner Intro to front & back crawl, roll from front to back, tread water 1 minute	5:15-5:45p Kenny			6:30-7:00p Kenny	9:30-10:00a Gary	
Adult - Intermediate Learn techniques to swim proficiently on front and back. Swim laps and prepare to do workouts.	5:15-5:45p Gary					
8 Weeks (Sept 3rd - Oct 27th)	4 Weeks (Sept 3rd - Sept 29th)		4 Weeks (Sept 30th - Oct 27th)			
FALL (8 wk) Session	FALL (4 wk) Session A		FALL (4 wk) Session B			
Member Plus \$60	Member Plus \$36	Member Plus \$36				
YMCA Members \$76	YMCA Members \$44	YMCA Members \$44				
Program Members \$100	Program Member \$56	Program Member \$56				
Family Swim Lessons - all ages		Semi-Private Lessons (2 people)		Private Lessons (1 person)		
Families learn water safety & basic swim skills in the same lesson at a time that fits your schedule.		2 participants learn how to swim in the same 30 minute lesson at a time that fits their schedule		1 participant learns how to swim in a private 30 minute lesson at a time that fits their schedule		
Fee is per person for 5 Total Lessons		Fee is per person for 5 lessons		Fee is per person for 5 lessons		
3-4 people \$30 Member & Plus / Prog Member \$45		Member & Member Plus- \$45		Member & Member Plus- \$75		
5-6 people \$25 Member & Plus / Prog Member \$35		Program Member \$75		Program Member \$125		
Must have 1 adult in the pool if more than 3 kids						
Aquatics Specialty Programs - ages 16 & over						
	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Snorkeling - ages 16 years old & over Mondays (Sept 9th - 23rd) 3 weeks - 1 class per week						
Snorkeling Learn basic techniques of snorkeling. Learn to use mask, fins, & snorkel.	5:45-6:15pm Gary				\$30 for 3 class \$15 for 1 class	Equipment is provided.
Red Cross Lifeguard Class (2 weekends) October 2019 - TBA						
Red Cross Lifeguard Class	\$150 per person	Participants must be atleast 15 & pass a swim test before registering. <i>All Saturday & Sunday classes will take place at the Parker Hannifin Y from 9-3p. All Friday classes will take place at the West Park YMCA 5-9p.</i>				

Free Parking inside the Galleria Garage
Weekends & M-F after 5pm

Parker Hannifin Downtown YMCA
1301 East 9th Street, Cleveland, OH
www.ClevelandYMCA.org
YMCA 216 344-7700

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Parker Hannifin Downtown YMCA

Parent & Child Swim Lessons - ages 6 mos to 36 mos

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Parent & Child Ages 6-18 months	Water Discovery - Introduces infants and parents to basic skills and water safety using songs and games.				10:00-10:30a Gary	
Parent & Child Ages 18-36 months	Water Exporation - Introduces toddlers and parents to basic skills and water safety using songs and games preparing them for swim lessons on their own.				10:00-10:30a Gary	

Pre-School Swim Lessons - ages 3 to 5 years old

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Level 1 - Beginner Focus on safety, learning to "ask", enter/exit pool safely. With help learn front/back float, roll from front to back, front & back				5:00-5:25p Patrick	10:35-11:00a Gary	
Level 2 - Adv Beginner Focus on safety, learn to enter/exit pool safely. Float front/back on own, roll front to back and glide.				5:00-5:25p Patrick	10:35-11:00a Gary	

Youth Swim Lessons - ages 6 to 12 years old

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Level 1 - Beginner Focus on safety, learning to "ask", enter/exit pool safely. With help learn front/back float, roll from front to back, front & back			5:40-6:05p David	5:00-5:25p Patrick	10:35-11:00a Gary	12:00-12:25p Patrick
Level 2 - Adv Beginner Focus on safety, learn to enter/exit pool safely. Float front/back on own, roll front to back and glide.			5:40-6:05p David	5:00-5:25p Patrick	10:35-11:00a Gary	12:00-12:25p Patrick
Level 3 - Intermediate Introduction to front & back crawl, tread water 1 min, retrieve object in chest deep water.	4:45-5:15p Gary		6:05-6:35p David		10:30a 11:00 Patrick	12:30-1:00p Patrick
Level 4 - Intermediate Learn front & back crawl, elem bacstroke , intro to breaststroke, butterfly, tread 1 min & sitting dive.	4:45-5:15p Gary		6:05-6:35p David		10:30a 11:00 Patrick	12:30-1:00p Patrick
Level 5 - Advanced Swim 25 yds. front & back crawl, elementary backstroke, sidestroke, breststroke, buttterfly, tread 1 min, kneeling dive.	4:45-5:15p Gary					
Level 6 - Swim Team Swim 50 yds front & back crawl, sidestroke, breaststroke, butterfly, tread 1 minute, standing dive.	4:45-5:15p Gary					