



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMPANELLI YMCA SUMMER SWIM LESSON SESSIONS

9:00 AM - 9:30 AM	Pike	Eel
9:30 AM - 10:00 AM	Pike	Ray/Starfish
10:00 AM - 10:45 AM	Polliwog	Guppy
10:45 AM - 11:30 AM	Advanced Polliwog/Guppy	Minnow
11:30 AM - 12:15 PM	Minnow/Fish	Flying Fish/Shark

Classes may change due to class enrollment numbers or pool availability.

Please Note: **NO MAKE UP LESSONS**

Classes Run Monday & Wednesday OR Tuesday & Thursday for 2 WEEKS.

Member: \$35 per session | **Community Member:** \$65 per session

Summer 1 Swim Lesson Schedule:

Session 1 (A): M/W June 5, 7, 12, 14

Session 1 (B): T/TH June 6, 8, 13, 15

Session 2 (A): M/W June 19, 21, 26, 28

Session 2 (B): T/TH June 20, 22, 27, 29

***No Classes 4th of July Week**

Summer 2 Swim Lesson Schedule:

Session 3 (A): M/W July 10, 12, 17, 19

Session 3 (B): T/TH July 11, 13, 18, 20

Session 4 (A): M/W July 24, 26, 31, & August 2

Session 4 (B): T/TH July 25, 27, & August 1, 3

Session 5 (A): M/W August 7, 9, 14, 16

Session 5 (B): T/TH August 8, 10, 15, 17



Registration Dates Summer I (Sessions 1 & 2):

Member: May 7, 2017 | Open Registration: May 14, 2017

Registration Dates Summer II (Sessions 3, 4, & 5):

Member: June 11, 2017 | Open Registration: June 18, 2017

Class Descriptions

PIKE & EEL

PIKE: Beginner swimmers with no experience. Learn basic skills of blowing bubbles with face in the water, paddle stroke on front, back, sides & kicking.

PIKE PREMIUM: Same as above. Max of only 3 swimmers.

EEL: Advanced beginner. Should be able to:
-Perform front/back float 20 seconds
-Paddle on front/back/side 5 meters

(Ages: 3-5, Ratio: 1:6)

RAY & STARFISH

RAY: Intermediate swimmers. Should be able to:
-Front/back float 20 seconds
-Paddle on front/back/side for 15 feet

STARFISH: Advanced swimmers. Should be able to:
-Front/back float 30 seconds
-Swim front/back/side alternating paddle for 20 feet
-Swim front/back symmetrical paddle for 20 ft.

(Ages: 3-5, Ratio: 1:6)

POLLIWOG & GUPPY

POLLIWOG: Non-swimmer/beginner. Learn to adjust to the water, water safety, basic paddle strokes, and kicking.

GUPPY: Advanced/beginner. Should be able to:
-Front/back float 1 minute
-Paddle front/back/side 25 yards
-Jump in without assistance
-Comfortable in deep water

(Ages: 6-12, Ratio: 1:8)

MINNOW & FISH

MINNOW: Intermediate swimmer. Should be able to:
-Front/back float 1 minute
-Front crawl/breaststroke/sidestroke/backstroke/elementary backstroke 25 yards

FISH: Intermediate swimmer. Instructor will be in water or on deck. Swimmer should be able to:
-Standing Dive
-Front crawl/backstroke/side stroke/backstroke/elementary backstroke 50 yards
-Tread water 1 minute

(Ages: 6-12, Ratio: 1:10)

FLYING FISH & SHARK

FLYING FISH: Advanced swimmer. Instructor will be in water or on deck. Swimmer should be able to:
- Tread water 3 minutes
- Swim 75 yards front crawl/backstroke/sidestroke/breaststroke
-25 yards butterfly

SHARK: Advanced swimmer. Instructor will be in water or on deck. Swimmer should be able to:
-Perform a flip turn
-Swim 100 yards front crawl/backstroke/sidestroke/breaststroke

(Ages: 6-14, Ratio: 1:10)

