



# Westwood YMCA

2093 Harkney Hill Rd, Coventry, RI 02816

(401)397-7779

## Swim Lesson Schedule



### PRESCHOOL SWIM LESSONS      AGES 3-5

Preschool Swim Lessons: Is a basic activity for 3 to 5 year olds that stresses 5 components; personal safety, personal growth, stroke development, water sports and rescue. The following classes are divided by current skill level rather than age.

**Pike:** Beginning level class that introduces the child to aquatics. Development of basic components is the goal at this level.

**Eel:** This level practices more basic skills, works on swimming horizontally and going under water.

**Ray:** Students are beginning to master strokes and are working towards swimming greater distances independently, treading water and diving skills.

**6 Students MAXIMUM per class**

### YOUTH SWIM LESSONS      AGES 6 & Up

**Polliwog:** Developing the total person in a YMCA swim class starts at the Polliwog or beginning level. This level focuses on paddle skills, rhythmic breathing, front and back floats and reaching and throwing assists.

**Guppy:** At the guppy level, students are building on the confidence and abilities they developed in the Polliwog level. Focus is on the front crawl and rotary breathing.

**Minnow:** At this level, students are moving from a beginning to an intermediate level of swim. Focus is on further development of front and back crawl, increased endurance, emergency procedures, and personal safety.

**Fish:** As the name implies, Fish are swimmers. At this level, students perfect their skills and acquire new ones. Focus is on breaststroke kick and dolphin kick, elementary backstroke and basic first aid.

**Flying Fish:** By this level, the swimmer has advanced to a high level of comfort with and confidence in the water. Focus is on the butterfly and breaststroke, open turns, extension assists and underwater search.

**Shark:** At the shark level, students learn the relevance of swimming skills, lifesaving techniques, conditioning, and decision making.

**10 Students MAXIMUM per class**

Pre-School			
<u>Mon. &amp; Wed.</u>		<u>Tue. &amp; Thurs.</u>	
Pike	11:00 12:30	Pike	11:00 3:15
Eel	11:00	Eel	12:30
Ray	12:30	Ray	10:15

#### EVERYONE MUST REGISTER AT THE OFFICE

**Rainy Day Policy:** Make up on Friday of that week. At the same scheduled time.

Session I: June 22nd - July 17th  
Session II: July 27th- August 21st

Member Fee: \$38.00  
Participant Fee: \$78.00

Youth			
<u>Mon. &amp; Wed.</u>		<u>Tue. &amp; Thurs.</u>	
Polliwog	10:15 11:45 3:15	Polliwog	10:15 11:45 4:45
Guppy	11:45 4:00	Guppy	12:30
Minnow	10:15	Minnow	11:45
Fish	12:30	Fish	—
Flying Fish	4:45	Flying Fish	—
Shark	—	Shark	11:00

#### Saturday ~ 9 Weeks

Pike	10:00
Polliwog	11:00
Guppy	12:00

Saturday Classes  
begin June 27 and run  
till August 22

***There will be NO class  
on Saturday July 11th***

# Y SWIM LESSONS™

## SWIM LESSON INFORMATION

### EVERYONE MUST REGISTER AT THE OFFICE

#### CLASS CANCELLATION

In the event of inclement weather, decision if the class will be made one hour prior to the start of class. Please call after that time for conformation. 401-397-7779

#### MAKEUP CLASSES

If a class is canceled a makeup will automatically be scheduled for the next Friday at its normal scheduled time.

#### SATURDAY CLASSES

Classes scheduled for Saturdays have only one session and runs 9 consecutive weeks.

#### LESSON LENGTH

Lessons for preschool will be 35 min in duration. Lessons for ages 6 & up will be 40 min in duration.

#### CLASS MINIMUMS

In the event a class having two or fewer students the class may be combined with another class.

#### ADDITIONAL CLASSES

In the event that classes fill up with no availability additional classes may be added to accommodate students.

#### PARENT PARTICIPATION

Students are encouraged to practice outside scheduled class times with parent supervision to help develop skills. During lessons a parent may be present and are asked to be at a reasonable distance as to not distract students.

#### PARTICIPANT PASSES

Passes for parents with students in swim lessons will be given a pass noting time and days of lessons. Participants may utilize facilities ½ hour prior to and after lessons. Passes shall be displayed in the front window drivers side. Participants wishing to utilize facilities outside these times are required to obtain a guest pass for the day.

