



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS

SEPTEMBER-NOVEMBER 2017

<div style="background-color: #00c090; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> <b>A</b>  <b>WATER DISCOVERY</b> </div> <p><b>Ages: 6-30 months w/Adult</b>  <b>Max: 8 , Min 3 Pair 1 parent/1 child</b>          Blow Bubbles; Front Tow: chin in water, assisted; Water Exit: parent &amp; child together; Water Entry: parent &amp; child together; Back Float: assisted, head on shoulder; Roll: assisted; Front Float: chin in water, assisted; Back Tow: assisted, head on shoulder; Wall Grab: assisted</p>				<div style="background-color: #00a0e0; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> <b>B</b>  <b>WATER EXPLORATION</b> </div> <p><b>Ages: 21-36 months</b>  <b>Max: 8 , Min 3 Pair 1 parent/1 child</b>          Blow Bubbles: mouth &amp; nose submerged, assisted; Front Tow: blow bubbles, assisted; Water Exit: assisted; Water Entry: assisted; Back Float: assisted, head on chest; Roll: assisted; Front Float: blow bubbles, assisted; Back Tow: assisted, head on chest; Monkey Crawl: assisted, on edge, 5 ft.</p>			
Saturday	12:30-1:00pm	Britni	Family: \$45 Yth/Student: \$60 Program: \$110	Friday	5:00-5:30pm	Ani	Family: \$45 Yth/Student: \$60 Program: \$110
<div style="background-color: #ff00ff; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> <b>1</b>  <b>WATER ACCLIMATION</b> </div> <p><b>Ages: 3-5 years Max: 6 students, Min: 3 students</b>          Submerge: bob independently; Front Glide: assisted, to wall, 5 ft.; Water Exit: independently; Jump, Push, Turn, Grab: assisted; Back Float: assisted, 10 secs., recover independently; Roll: assisted; Front Float: assisted, 10 secs., recover independently; Back Glide: assisted, at wall, 5 ft.; Swim, Float, Swim: assisted, 10 ft.</p>				<p>Monday/ Wednesday</p> <p>4:00-4:30pm 5:00-5:30pm</p> <p>Sune Sune</p> <p>Family: \$84 Yth/Student: \$120 Program: \$260</p>			
				<p>Tuesday/ Thursday</p> <p>4:00-4:30pm 5:00-5:30pm</p> <p>Britni Britni</p>			
				<p>Saturday</p> <p>10:00-10:45am 10:45-11:30am 11:30-12:15pm</p> <p>Coach Ed Britni Eric</p> <p>Family: \$57 Yth/Student: \$65 Program: \$135</p>			
<div style="background-color: #ff4500; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> <b>2</b>  <b>WATER MOVEMENT</b> </div> <p><b>Ages: 3-5 years Max: 6 students, Min: 3 students</b>          Submerge: look at object on bottom; Front Glide: 5-10 ft.; Water Exit: independently; Jump, Push, Turn, Grab; Back Float: 10-20 secs.; Roll; Front Float: 10-20 secs.; Back Glide: 5-10 ft.; Tread Water: 10 secs., near wall, &amp; exit; Swim, Float, Swim: 5 yd.</p>				<p>Monday/ Wednesday</p> <p>4:30-5:00pm 5:30-6:00pm</p> <p>Sune Sune</p> <p>Family: \$84 Yth/Student: \$120 Program: \$260</p>			
				<p>Tuesday/ Thursday</p> <p>4:30-5:00pm 5:30-6:00pm</p> <p>Britni Britni</p>			
				<p>Saturday</p> <p>10:00-10:45am 10:45-11:30am</p> <p>Britni Coach Ed</p> <p>Family: \$57 Yth/Student: \$65 Program: \$135</p>			

**September Swim Lessons:**  
 Monday/Wednesday:  
 September 4, 6, 11, 13, 18, 20, 25, 27  
 Tuesday/Thursday:  
 September 5, 7, 12, 14, 19, 21, 26, 28  
 Friday Private Lessons:  
 September 8, 15, 22, 29  
 Saturday Lessons:  
 September 2, 9, 16, 23

**October Swim Lessons:**  
 Monday/Wednesday:  
 October 2, 4, 9, 11, 16, 18, 23, 25  
 Tuesday/Thursday:  
 October 3, 5, 10, 12, 17, 19, 24, 26  
 Friday Private Lessons:  
 October 6, 13, 20, 27  
 Saturday Lessons:  
 October 7, 14, 21, 28

**November Swim Lessons:**  
 Monday/Wednesday:  
 November 6, 8, 13, 15, 20, 22, 27, 29  
 Tuesday/Thursday:  
 November: 7, 9, 14, 16, 21, 23, 28, 30  
 Friday Private Lessons:  
 November: 3, 10, 17, 24  
 Saturday Lessons:  
 November 4, 11, 18, 25

**\*PRIVATE SWIM LESSONS AVAILABLE—SEE OUR PRIVATE AQUATICS FLYER FOR ADDITIONAL INFORMATION**



<b>3</b> <b>WATER STAMINA</b> <b>Ages: 5-12 years Max: 6 students, Min: 3 students</b> Submerge: retrieve object in chest-deep water; Swim On Front: 10-15 yd.; Water Exit: independently; Jump, Swim, Turn, Swim, Grab: 10 yd.; Swim On Back: 10-15 yd.; Roll; Tread Water: 30 secs.-1 min. & exit; Swim, Float, Swim: 15-25 yd.	Monday/ Wednesday	3:30-4:15pm 5:00-5:45pm	Coach Ed Jacquie	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/ Thursday	3:30-4:15pm 4:45-5:30pm	Coach Ed Reed	
	Saturday	10:45-11:30am 11:30-12:15pm	Eric Coach Ed	Family: \$57 Yth/Student: \$75 Program: \$145
<b>4</b> <b>STROKE INTRODUCTION</b> <b>Ages: 5-12 years Max: 6 students, Min: 3 students</b> Endurance: any stroke or combination of strokes, 25 yd.; Front Crawl: rotary breathing, 15 yd.; Back Crawl: 15 yd.; Dive: sitting; Resting Stroke: elementary backstroke, 15 yd.; Tread Water: scissor & whip kick, 1 min.; Breaststroke: kick, 15 yd.; Butterfly: kick, 15 yd.	Monday/ Wednesday	3:30-4:15pm 5:00-5:45pm	Jacquie Coach Ed	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/ Thursday	4:00-4:45pm 5:00-5:45pm	Reed Coach Ed	
	Saturday	10:00-10:45am 11:30-12:15pm	Eric Britni	Family: \$57 Yth/Student: \$75 Program: \$145
<b>5</b> <b>STROKE DEVELOPMENT</b> <b>Ages: 5-12 years Max: 6 students, Min: 3 students</b> Endurance: any stroke or combination of strokes, 50 yd.; Front Crawl: bent-arm recovery, 25 yd.; Back Crawl: pull, 25 yd.; Dive: kneeling; Resting Stroke: sidestroke, 25 yd.; Tread Water: scissor & whip kick, 2 min.; Breaststroke: 25 yd.; Butterfly: simultaneous arm action & kick, 15 yd.	Monday/ Wednesday	4:15-5:00pm	Coach Ed	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/ Thursday	5:30-6:15pm 4:15-5:00pm	Reed Coach Ed	
	Saturday	12:15-1:00pm	Coach Ed	Family: \$57 Yth/Student: \$75 Program: \$145
<b>6</b> <b>STROKE MECHANICS</b> <b>Ages: 5-12 years Max: 6 students, Min: 3 students</b> Endurance: any stroke or combination of strokes, 150 yd.; Front Crawl: flip turn, 50 yd.; Back Crawl: pull & flip turn, 50 yd.; Dive: standing; Resting Stroke: elementary backstroke or sidestroke, 50 yd.; Tread Water: retrieve object off bottom, tread 1 min.; Breaststroke: open turn, 50 yd.; Butterfly: 25 yd.	Monday/ Wednesday	4:15-5:00pm	Jacquie	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/Thursday	5:45-6:30pm	Coach Ed	
	Saturday	1:30-2:15pm	Coach Ed	Family: \$57 Yth/Student: \$75 Program: \$145
<b>7</b> <b>SWIM TEAM</b> <b>Ages: 8-16 years Max: 18 students</b> Skill Requirement: Swimmers must be able to swim a 100 meter butterfly, backstroke, breaststroke and butterfly without assistance. Swimmers will continue to refine all four strokes, learn turns and starts.	Monday/ Wednesday	6:00pm-7:15pm	Coach Ed	Family: \$120 Yth/Student: \$150 Program: \$300
	Tuesday/ Thursday	6:30-7:45pm	Coach Ed	
<b>ADULT BEGINNER</b> <b>Ages: 15 and up Max: 8 students, Min: 3 students</b>	Saturday	9:15-10:00am	Coach Ed	Family: \$45 Yth/Student: \$60 Program: \$110

Instructors in Both pools are Subject to Change Without Notice  
For questions and information, please contact our Aquatics Department  
818.845.8551 ext. 284 or [Jennifer@burbankymca.org](mailto:Jennifer@burbankymca.org)

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