



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH AQUATICS

## MAY 2012

### YOUTH SWIM LESSONS PROGRAM

The YMCA Swim Lessons Program is a progressive program that focuses on the whole person - spiritually, mentally, socially, and physically. Its purpose is to develop competency in swimming, along with confidence and endurance. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level. We expect each child to learn and progress at his or her own rate. The YMCA Swim Lessons Program is structured into 5 components: **Personal Safety, Personal Growth, Stroke Development, Water Sports & Games and Rescues.**

#### **Polliwog** (6-12 years) **Max 7, Goal 6, Min 3 Students - Classes held in the Lap Pool**

Entry level: Beginner/non-swimmer. Sample of Skills Covered: Front and back float, front and back glide, front and back flutter kick, introduction to paddle stroke on front, back and side, introduction to rhythmic side breathing, water games, dribble, pass, and throw ball with an I.F.D and tub scull. Growth: Self Confidence (the next level is **Guppy**).

Day	Time	Instructor	Online Search Code
MON	4:30PM	Peter	PW
MON	5:00PM	Meghan	PW

Day	Time	Instructor	Online Search Code
WED	4:30PM	Peter	PW
WED	5:00PM	Meghan	PW

TUE	4:00PM	Sevak	PW
TUE	5:00PM	Sevak	PW
TUE	5:30PM	Jil	PW

THU	4:00PM	Sevak	PW

FRI	4:30PM	Peter	PW
FRI	5:00PM	Cindy	PW
FRI	5:30PM	Bobby	PW
FRI	6:00PM	Bobby	PW
FRI	6:30PM	Cindy	PW

SAT	10:00AM	Karissa	PW
SAT	10:30AM	Melani	PW
SAT	12:00PM	Meghan	PW
SAT	12:30PM	Meghan	PW

#### **Guppy** (6-12 years) **Max 7, Goal 6, Min 3 Students - Classes held in the Lap Pool**

Prerequisite: Polliwog or Tiny Tots Plus certificate. Sample of Skills Required: Treading water, standing and kneeling dives, front paddle with rudimentary side breathing, alternating and symmetrical back paddle, side paddle, throwing, catching and passing the ball. Growth: Safety precautions.

Day	Time	Instructor	Online Search Code
MON	5:30PM	Cindy	GUP

Day	Time	Instructor	Online Search Code
WED	5:30PM	Cindy	GUP

TUE	5:30PM	Val	GUP
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THU	5:30PM	Val	GUP
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FRI	5:30PM	Cindy	GUP
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SAT	11:00AM	Karissa	GUP
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#### **Minnow** (6-12 years) **Max 10, Goal 7, Min 3 Students - Classes held in the Lap Pool**

Prerequisite: Guppy certificate. Sample of Skills Required: Survival float, diving, treading water, front and back crawl, rudimentary breaststroke, sidestroke, and elementary backstroke, and dribble and pass ball while swimming. Growth: Self-discipline, goal setting, fitness.

Day	Time	Instructor	Online Search Code
MON	6:00PM	Cindy	MIN

Day	Time	Instructor	Online Search Code
WED	6:00PM	Cindy	MIN

TUE	4:30PM	Val	MIN
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THU	4:30PM	Val	MIN
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FRI	4:00PM	Cindy	MIN

SAT	10:30AM	Karissa	MIN
SAT	11:00AM	Bobby	MIN

**Fish** (6-12 years) *Max 10, Goal 7, Min 3 Students - Classes held in the Lap Pool*

Prerequisite: Minnow certificate. Sample of Skills Required: Front and back crawl with open turns, breaststroke, elementary back stroke, dolphin kick, and sidestroke. Growth: Team work.

Day	Time	Instructor	Online Search Code
MON	6:30PM	Cindy	FIS
TUE	6:00PM	Sevak	FIS

Day	Time	Instructor	Online Search Code
WED	6:00PM	Peter	FIS
WED	6:30PM	Cindy	FIS
SAT	11:30AM	Bobby	FIS
SAT	12:30PM	Karissa	FIS

**Fly Fish** (6-12 years) *Max 10, Goal 7, Min 3 Students - Classes held in the Lap Pool*

Prerequisite: Fish certificate. Sample Skills Required: Front crawl with bilateral breathing, butterfly stroke, lifesaving stroke and open turns. Growth: Adventure, fitness

Day	Time	Instructor	Online Search Code
MON	7:00PM	Cindy	FLY

Day	Time	Instructor	Online Search Code
SAT	11:30AM	Melani	FLY

**Shark/Porpoise** (6-18 years for Porpoise) *Max 10, Goal 7, Min 3 Students - Classes held in the Lap Pool*

A combination class designed for Shark and Porpoise. Prerequisite for Shark: Fly Fish certificate. Sample Skills Required: Front crawl with flip turn, individual medley and must be proficient in all strokes. Growth: Fitness and rescue. Prerequisite for Porpoise: Advanced level swimmer, knowledge of all strokes and a successful completion of Shark. Please call Aquatics at ext. 284 for more information.

Day	Time	Instructor	Online Search Code
TUE	5:00PM	Val	SHA/POR
TUE	6:30PM	Val	SHA/POR

Day	Time	Instructor	Online Search Code
WED	6:30PM	Bobby	SHA/POR
THU	6:30PM	Val	SHA/POR

**Teen Swim** (13-18 years) *Max 10, Goal 7, Min 3 Students - Classes held in the Lap Pool*

Participants work in small groups towards personal goals which include beginning to intermediate level swim skills, safety skills and character development. This class is geared toward the non-competitive swimmer.

Day	Time	Instructor	Online Search Code
MON	7:00PM	Peter	TN

Day	Time	Instructor	Online Search Code

**Instructors subject to change without notice**

Program Fees	Family Members	Student/Adult Members	Program Only Members
Once a Week 30 min class	\$21.00	\$31.00	\$61.00

For questions and information please contact:  
Burbank Community YMCA Aquatics Department  
(818) 845-8551 ext. 284  
[aquatics@burbankymca.org](mailto:aquatics@burbankymca.org)