

YOUTH AQUATICS

We build strong kids, strong families, strong communities.

August 2010 Schedule

Polliwog (6-12 years) Max. 7 Students 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	Day	Time	Instructor
Mon	3:30 pm	Bobby	Wed	3:30 pm	Bobby
Mon	4:00 pm	Sevak	Wed	4:00 pm	Sevak
Mon	5:00 pm	Sevak	Wed	5:00 pm	Sevak
Mon	7:00 pm	Melani	Wed	7:00 pm	Melani
Day	Time	Instructor	Day	Time	Instructor
Tue	5:30 pm	Melani	Thurs	5:30 pm	Melani
Day	Time	Instructor	Day	Time	Instructor
Fri	3:30 pm	Irene	Sat	9:30 am	Patrick
			Sat	10:00 am	Jason
			Sat	10:30 am	Melani
			Sat	11:30 am	Jason
			Sat	12:00 pm	Sevak
			Sat	12:30 pm	Jason
			Sat	1:00 pm	Sevak
			Sat	1:30 pm	Melani
			Sat	2:00 pm	Sevak

Guppy (6-12 years) Max. 7 Students 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	Day	Time	Instructor
Mon	5:30 pm	Melani	Wed	5:30 pm	Melani
Day	Time	Instructor	Day	Time	Instructor
Tue	4:30 pm	Cindy	Thurs	4:30 pm	Robert
Tue	5:00 pm	Jason	Thurs	5:00 pm	Jason
Tue	5:30 pm	Cindy	Thurs	5:30 pm	Robert
Day	Time	Instructor	Day	Time	Instructor
Fri	4:30 pm	Irene	Sat	10:30 am	Sevak
Fri	5:00 pm	Bobby	Sat	11:00 am	Sevak
			Sat	12:30 pm	Melani

Minnow (6-12 years) Max. 10 Students

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	Day	Time	Instructor
Mon	4:00 pm	Bobby	Wed	4:00 pm	Bobby
Mon	6:00 pm	Sevak	Wed	6:00 pm	Sevak
Day	Time	Instructor	Day	Time	Instructor
Tue	4:00 pm	Cindy	Thurs	4:00 pm	Cindy
Tue	6:00 pm	Jason	Thurs	6:00 pm	Jason
Day	Time	Instructor	Day	Time	Instructor
Fri	5:30 pm	Patrick	Sat	10:30 am	Patrick

Fish (6-12 years) Max. 10 Students

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	Day	Time	Instructor
Mon	4:30 pm	Patrick	Wed	4:30 pm	Patrick
Day	Time	Instructor	Day	Time	Instructor
Tue	4:30 pm	Jason	Thurs	4:30 pm	Jason
Day	Time	Instructor	Day	Time	Instructor
Fri	4:30 pm	Bobby	Sat	11:30 am	Melani

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.

321 Magnolia Blvd • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

Fly Fish (6-12 years) Max.10 Students

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

Day	Time	Instructor	Day	Time	Instructor
Fri	5:00 pm	Irene	Sat	11:30 am	Patrick
			Sat	12:00 pm	Melani

Shark (6-12 years) Max.10 Students

Prerequisite: Fly Fish certificate. Sample Skills Required: Front crawl with flip turn, individual medley and must be proficient in all strokes. Growth: Fitness and rescue.

Day	Time	Instructor	Day	Time	Instructor
Tue	5:30 pm	Jason	Thurs	5:30 pm	Jason

Porpoise (6-18 years) Max. 10 Students

Prerequisite: 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	Day	Time	Instructor
Tue	6:30 pm	Irene	Thurs	6:30 pm	Irene

Teen Swim (12-18 years) Max. 8 students

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	Day	Time	Instructor
Mon	7:00 pm	Sevak	Wed	7:00 pm	Sevak

Day	Time	Instructor	Day	Time	Instructor
Tue	7:00 pm	Irene	Thurs	7:00 pm	Irene

YMCA 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.

To help achieve our goal the program is structured into 5 components: Personal Safety, Personal Growth, Stroke Development, Water Sports & Games and Rescues.

Instructors subject to change without notice**Monthly Registration required**

<u>Program Fees</u>	Family Memberships	Child/Youth/Student Memberships	Program Only Fee
Once a Week 30min class	\$18.00	\$28.00	\$56.00

BURBANK COMMUNITY YMCA**FACILITY HOURS**

Monday-Friday 5:30AM - 10:00PM
 Saturday 7:00AM - 6:30PM
 Sunday 12NOON - 5:00PM

MEMBER SERVICES HOURS

Monday-Friday 8:00AM - 8:00PM
 Friday 8:00AM - 7:00PM
 Saturday 9:00AM - 6:00PM
 Sunday 1:00PM - 5:00PM

SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or burbankymca.org.