



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH

Swim Academy
WHITE BEAR AREA YMCA



White Bear Area YMCA

WHITE BEAR LAKE AREA SCHOOLS YMCA AQUATIC CENTER

2100 Orchard Lane

White Bear Lake, MN 55110-5447

P 651.747.0878

ymcatwincities.org

FROM THE ACADEMY COORDINATOR:

The YMCA of the Greater Twin Cities YMCA Swim Lesson program is student centered and includes five main learning components: stroke development, water sports, personal safety, rescue and personal growth. Swim Lessons at the Y 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 complete the skills necessary. Program content is based on the concept of developing a healthy spirit, mind and body for all. Instruction is delivered in a caring atmosphere by certified instructors who give students personalized attention. Lessons are developmentally appropriate and designed to quickly and effectively teach aquatic skills. Safety is our highest priority. Our swim lesson program is year round and takes place at our heated indoor aquatics facility.

The Y strives to provide your swimmer the best aquatic experience possible. Please do not hesitate to contact me if you have questions or concerns.

Sincerely,

Tiffany Tembreull
Swim Academy Coordinator
White Bear Area YMCA
White Bear Lake Area Schools YMCA Aquatic Center
tiffany.tembreull@ymcamn.org
651.747.0878



Reminders

Please shower and use the restroom before entering the pool.

Children under 2yrs of age and under must wear a water proof diaper at all times in the pool.

The Y has plenty of instructional floatation devices, no need to bring floaties (including those built into swimsuit).

Due to the size of our program there are **no makeup lessons for illness or absence.**

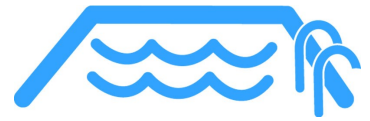
Valuable lifesaving and water safety lessons may be taught outside of the water, indoors.

Registration is available online at ymcatwincities.org or in person at the YMCA, phone registration is available at 612.230.9622.

Open swim is reserved for Members only.

The White Bear Area YMCA reserves the right to close or cancel scheduled swim classes at their discretion.

GROUP SWIM LESSONS



Swim Lesson Dates

Swim lesson levels are determined by age/grade and ability of the participant. Children who are new swimmers will be placed in our beginning swim lesson levels PIKE or GOLDFISH. If you believe your child should be placed in a higher level he or she must take a swim assessment.

FREE SWIM ASSESSMENTS are available any time during the following hours:

Mondays between 4pm-5pm or Thursdays 5pm-6pm or Saturdays 1pm-2pm

WEEKDAY	MON	TUES	WED	THUR	FRI
Early Fall	9/12-10/24	9/13-10/25	9/14-10/26	9/15-10/27	9/16-10/28
Late Fall	10/31-12/12	11/1-12/13	11/2-12/14	11/3-12/15*	11/4-12/16

*No lessons 11/24 for the Thanksgiving holiday. Lessons pro-rated accordingly.

WEEKEND	SAT	SUN
Early Fall	9/17-10/29	9/18-10/30
Late Fall	11/5-12/17	11/6-12/18

Sessions consist of 7 days of instruction, once weekly for a total of 7 swim lessons.

Preschool Lessons are 30minutes per lesson.

Youth Lessons are 40 minutes per lesson.

PRICE PER SESSION:

Member	Non-Member
\$45	\$100

2016 REGISTRATION DATES

Session	Early Bird*	Regular
Early Fall	8/12-8/29	8/30-9/26
Late Fall	9/30-10/17	10/18-11/14

***10% Discount on Group Swim Lessons**

HOW TO REGISTER

In Person

At the Y at 2100 Orchard Lane. You may register at the Front Desk during our open hours: Mon-Fri 5am-10pm; Sat/Sun 6am-9pm.

Online

Online registration is encouraged. Swim lesson registration opens at midnight on registration date. ymcatwincities.org

Phone

Registration via phone is available at 612.230.9622

GROUP SWIM LESSONS

Swim Lesson Levels

The following level descriptions are a brief idea of what major skills are covered at each level:

PRESCHOOL (AGES 3 - 5)

PIKE

EEL

RAY

STARFISH

YOUTH (AGES 6 - 12)

GOLDFISH

POLLIWOG

TROUT

GUPPY

MINNOW

FISH

FLYING FISH SHARK

Students learn to swim on their front and back with emphasis on independent pool entry and exit safety skills. Students are introduced to pool rules and YMCA core values; they learn to enter the water and return to the wall, float independently on front and back.

This class is for swimmers who are well-adjusted to the water and eager to become more independent.

Students learn to front float longer lengths on their own, and flip on their back when they need to take a breath (swim-float-swim).

This class is for swimmers who are ready to begin developing strokes and swimming in deeper water.

Students learn alternating symmetrical paddle with and without floatation, jumping into varying depth of water and returning safely to the wall with progressive distances, treading water, and rescue skills.

These swimmers work to develop endurance in swimming, floating using the swim-float-swim technique, and treading water. Swimmers also learn rescue skills and personal safety including acclimation to lifejackets. Children continue to work on water entry exit combined with our swim-float-swim skills.

Participants work on swimming distances of 25 yards with attention to form enhancing motion through the water.

Minnow swimmers work to refine crawl stroke, and develop skills in preparation for learning breaststroke, backstroke, and sidestroke. In this level swimmers work on gliding, front and back crawl, elementary backstroke, retrieving objects underwater, treading water, jumping into deep water, kneeling dive and compact dive.

Fish swimmers gain endurance in their crawl strokes and treading water, and start to practice sidestroke, breaststroke and elementary backstroke. Students are also introduced to basic first aid for bleeding, cramps and cold weather emergencies.

Swimmers in this advanced level focus on stroke enhancements including breathing, body position and arm and leg movements, as well as build endurance in all strokes. The butterfly stroke is also introduced at this level. Swimmers review first aid and safety, and discuss personal ground rules and risk taking.



GROUP SWIM LESSONS

Swim Lesson Levels

PARENT/CHILD SWIM LESSONS AGES 6MO—36MO



SEA TURTLE This is a water adjustment program where certified instructors with additional parent child training guide parents in teaching their children age appropriate safety and aquatic skills. The class utilizes structured games and activities to help infants gain comfort in supported Ages 6-36 mo. back floating and submersion.

Prerequisites: Ability to control head movement and at least 6 months old on first day of class

SEA LION In this advanced water adjustment program, children who have accomplished underwater submersion will participate in structured games and songs which emphasize back floating with minimal support, submersion for up to 3-5 seconds, rolling over back to front,

Ages 6-36 mo. and pool entry and exit. Parents will accompany children at all times during the class.

Prerequisites: Comfortable going underwater with light submersion and able to walk 3 steps independently

SEAHORSE The class serves as a transition from the parent/child to the preschool swim program. Children should be skilled in underwater submersion and supported back float and will be working to gain independence. The class teaches kids to pair a water entry combined with a water exit with assistance, and continues to work on the flip from back to front float, paddle strokes, kicking skills, blowing bubbles, and putting face in the water. Parents begin the session in the water with their children until they become more independent.

Ages 2-3

Prerequisites: •Ability to jump on cue on land, and comfortable with underwater exploration (underwater 3-5 seconds)

Did you know?

Swimming enhances baby's balance, strength, coordination and endurance as well as their concentration and sense of independence.

WEEKDAY LESSON SCHEDULE

Monday

4:00pm	Pike
	Ray/Starfish
	Eel
	Guppy
	Minnow
	Trout
4:35pm	Pike
	Eel
	Sea Turtle
4:45pm	Minnow
	Goldfish
	Guppy
5:10pm	Pike
	Eel
	Seahorse
5:30pm	Guppy
	Minnow
	Trout
5:45pm	Pike
	Eel
	Sea Lion
6:15pm	Guppy
	Fish
	Polliwog
6:20pm	Pike
	Ray/Starfish

Tuesday

10:10am	Sea Turtle
	Pike
10:45am	Eel
	Sea Lion
11:20am	Seahorse
	Ray
4:00pm	Pike
	Ray/Starfish
	Guppy
	Minnow
	Trout
4:35pm	Pike
	Eel
4:45pm	Polliwog
	Goldfish
	Guppy
5:10pm	Pike
	Seahorse
5:30pm	Guppy
	Minnow
	Trout
5:45pm	Eel
	Sea Lion
6:15pm	Guppy
	Fish
	Polliwog
6:20pm	Pike
7:00pm	Flying Fish/ Shark

Wednesday

10:10am	Pike
	Ray
10:45am	Starfish
	Sea Lion
11:20am	Pike
	Eel
4:00pm	Guppy
	Trout
4:35pm	Pike
	Eel
4:45pm	Polliwog
	Goldfish
	Guppy
5:10pm	Pike
	Seahorse
5:30pm	Guppy
	Minnow
5:45pm	Eel
	Pike
6:15pm	Trout
	Fish/Flying Fish
6:20pm	Pike
	Starfish

Thursday

10:10am	Sea Lion
	Pike
10:45am	Sea Turtle
	Eel
11:20am	Seahorse
	Pike
4:00pm	Guppy
	Minnow
4:35pm	Pike
	Eel
4:45pm	Polliwog
	Goldfish
5:10pm	Pike
	Ray
5:30pm	Guppy
	Minnow
5:45pm	Eel
	Pike
6:15pm	Trout
	Fish/Flying Fish
6:20pm	Pike
	Shark

WEEKEND LESSON SCHEDULE

Friday

10:10am	Pike
	Sea Turtle
10:45am	Seahorse
	Sea Lion
11:30am	Eel
	Ray/Starfish
4:30pm	Ray
	Goldfish
5:05pm	Pike
5:15pm	Guppy
5:40pm	Trout

Saturday

9:00am	Pike
	Ray
	Seahorse
	Goldfish
	Trout
	Guppy
	Fish
9:35am	Sea Lion
	Eel
	Pike
9:45am	Goldfish
	Guppy
	Minnow
	Shark
10:10am	Sea Turtle
	Pike
	Eel
10:30am	Trout
	Minnow
	Fish
	Polliwog
10:45am	Seahorse
	Pike
	Ray/Starfish
11:15am	Trout
	Guppy
	Flying Fish
	Goldfish
11:20am	Sea Lion
	Starfish
	Pike
11:55am	Ray
	Sea Turtle
12:00pm	Polliwog
	Minnow

Sunday

3:30pm	Pike
	Ray
	Eel
	Starfish
	Goldfish
	Minnow
4:05pm	Seahorse
	Pike
	Ray
	Sea Lion
4:15pm	Guppy
	Trout
4:40pm	Sea Turtle
	Pike
	Eel
	Seahorse
5:00pm	Guppy
	Polliwog
5:15pm	Pike
	Eel
	Ray
	Starfish
5:45pm	Polliwog
	Fish
	Flying Fish/ Shark
5:50pm	Sea Lion
	Seahorse
	Pike
6:25pm	Pike
6:30pm	Minnow
	Trout
	Goldfish



OTHER PROGRAMS

SWIM CREW



AGES 8YRS - 14YRS

Swimmers explore what it's like to be on a swim team without committing to a whole season. Kids will learn competitive swimming techniques, drills and endurance building. Swimmers are introduced to competitive swimming language and organized swimming workouts.

Advanced practice M/W 7:00pm-7:40pm

Intermediate practice T/Th 7:00-7:40

Y Members \$90 | Regular Price \$200

DIVE LESSONS

AGES 6YRS - 12YRS

Children will have the opportunity to learn basic dive techniques with a certified dive coach. Must be comfortable swimming in deep water. Have fun learning a new skill!

Practice Saturdays 1:00pm-1:40pm

Y Members \$50 | Regular Price \$105

ADULT SWIM INSTRUCTION

AGES 17YRS AND UP

Adult swim instruction is for all levels

Stroke Development (beginner):

Tuesdays 7:00-7:40

Stroke Technique (intermediate):

Wednesdays 7:00-7:40

Triathlon Training (advanced):

Thursdays 7:00-7:40

Y Members \$45 | Regular \$100

WATER SPORT SAMPLER

AGES 6YRS-14YRS

Kids explore a variety of ways to have fun in the pool in the Water Sports Sampler swim class. Each week participants will try a swimming sport like competitive swimming, water polo, vertical water fitness or synchronized swimming.

Fridays 6:30-7:10

Y Members \$45 | Regular \$100

PRIVATE SWIM LESSONS

ALL AGES

If you feel that you or your child work better in a one-on-one setting, want to work on specific skills or strokes, or you would like more flexible class times, private lessons are for you.

Private lessons are available weekdays and weekends.

One Y Members \$35 | Regular Price \$60

Three Y Members \$94 | Regular Price \$165

Seven Y Members \$200 | Regular Price \$360

SEMI-PRIVATE SWIM LESSONS

ALL AGES

Semi-private lessons are for two to three participants at the same skill level who would like to have a smaller setting than group lessons. Each participant must register individually. Y staff will not match participants. Please sign up at the same time as the participant with whom you would like to take the lesson. Price is split by participants.

One Y Members \$40 | Regular Price \$70

Three Y Members \$119 | Regular Price \$215

Seven Y Members \$250 | Regular Price \$435