



SUNDAY SWIM LESSONS

Raritan Valley YMCA Spring/Summer 2017 Sundays @ North Brunswick High School

Register online @ www.raritanvalleyymca.org or by phone 732-257-4114



The YMCA:

The Nation's Leader in Swim Lessons

We help you build swimming abilities at all levels--whether you're an absolute beginner learning basic water skills, or preparing for competition-level swimming. Lessons also increase water safety knowledge. Classes are taught by caring, YMCA instructors. Class participants are divided into skill levels and class size is such that the instructor can provide proper instruction. Lessons are held on **Sundays** at North Brunswick High School.

YMCA Membership (starting at \$70 annually) required to participate.

Spring Session Dates: May 7, May 14, May 21, June 4, June 11, June 18, June 25

IMPORTANT NOTE: No class May 28th (Memorial Day Weekend)

Summer Session Dates: July 9, July 16, July 23, July 30, Aug. 6, Aug. 13, Aug. 20

Sunday Morning Classes:

10 - 10:30am	10 - 10:45am	10:30 - 11am	10:45 - 11:30	11 - 11:30am	11:30 am - 12:30 pm	11:30am - 12pm	12 - 12:30pm
Pike	Guppy	Pike	Guppy	Pike	Swim School	Pike	Guppy
Eel	Minnow/Fish	Eel	Minnow/Fish	Ray	Teen/Adult advanced lessons***	Starfish	Youth Special Needs
Polliwog 1		Polliwog 1	Teen/Adult beginner lessons***	Polliwog 1	Adult lap swim**	Polliwog (Level 1/2 Combined)	
Polliwog 2		Polliwog 2					
Parent-Child*							
\$91	\$109	\$91	\$109	\$91	\$135	\$91	\$91
7 lessons	7 lessons	7 lessons	7 lessons	7 lessons	7 lessons	7 lessons	7 lessons

*Parent-child class is for age 6 months up to 3 years. Parent must enter the water and hold their child during the class. Child needs Youth Program Membership (\$70 per year) to participate; parent does not need membership.

**Adult lap swim is free to full facility YMCA members. (You must pre-register.) Price is \$45 per person for program members. Coaching/instruction is NOT included with lap swim.

***Advanced adults should be comfortable swimming in deep water. All other adults should register for beginner-level.

Lesson location: North Brunswick High School
98 Raider Road (off Rte 130)
North Brunswick, NJ 08902

Register at: Raritan Valley YMCA
144 Tices Lane, East Brunswick, NJ 08816
732-257-4114
raritanvalleyymca.org

REFUND POLICY: A full refund will only be issued if a member withdraws 7 days prior to the first class. After this date, no refunds will be issued. Memberships are non-refundable. The membership is good for other programs at the YMCA.

Swim Lesson Requirements by Swim Level

*** Read below to determine the proper placement of your swimmer ***

Pre-School (ages 3-5 years old)



Pike (no requirements):

- An introductory class for beginners 3-5 years
- No pre-skills required

Eel requirements:

- Gets face wet and blows bubbles comfortably
- Can float on back without instructor

Ray/Starfish requirements:

- Must paddle stroke 15 feet without bubble
 - Submerges comfortably
- Floats on front and back without assistance
- Can jump from the side of the pool and surface without flotation device

School Age (ages 6-12 years old)

Polliwog 1 (no requirements)

- For beginners 6 to 12 years
- No pre-skills required



Polliwog 2 requirements:

- For beginners 6 to 12 years
- Can submerge comfortably
- Is able to paddle stroke for 15 feet on their front without flotation device or assistance

Guppy requirements:

- Is able to crawl stroke for 15 feet on their front with face in water
 - Can do backstroke for 10 feet
- Can back float on own for 10 seconds

Minnow/Fish requirements:

- Must be able to swim front crawl with rotary breathing
 - Able to swim in deep water
- Can swim back crawl for 25 yards
- Able to tread water for 2 minutes
- Survival float for 3 minutes

Swim School (pre-competitive swim lessons) requirements:

- Fulfill all Minnow/Fish requirements
- Can swim at least 200 yards freestyle and backstroke without rest
 - Can participate in an endurance-building workout
- Class will focus on perfection competitive swim strokes and techniques (including breaststroke, butterfly, flip turns, etc.)