

The South Side YMCA teaches the YMCA of the USA's National Swim Lesson Program, which includes the fundamentals of swimming and pool safety skills.

The South Side YMCA reserves the right to place your child in the class that is consistent with his/her ability, regardless of which class he/she is registered.



Parent/Child Swim Lessons

Age 6 months–3 years

This class is a water enrichment and adjustment class for children six months to three years of age with a parent/guardian in the water. Basic fundamental skills will be taught.

Fee: \$50 Member/\$100 Program Member

Shrimp/Kipper

Age 6–24 months

For children 6–24 months and their parents. In this class, the emphasis is on FUN and water adaptation.

Saturday 8:00–8:40am
Sunday 11:00–11:40am

Inia/Perch

Age 2–3.5

For children age two to three-and-one-half years and their parents. Must have completed at least two sessions of Shrimp/Kipper and exceed the age limit. More advanced motor skills needed.

Saturday 8:45–9:25am
Sunday 11:45am–12:25pm

Preschool Swim Lessons

Age 3–5

Fee: \$50 Member/\$100 Program Member

Pike

First time swimmers or swimmers that can swim with a flotation device. This class teaches water adjustment, getting face wet, learning to front and back float all while building confidence and having fun. Minimum participants 3, maximum participants 6.

Monday 6:00–6:40pm
Friday 6:00–6:40pm
Saturday 9:30–10:10am

Pike II

First time swimmers or swimmers that can swim with a flotation device who are already adjusted to water and getting their face wet. Students learn to front and back float all while building confidence and having fun. Minimum participants 3, maximum participants 6.

Monday 6:45–7:25pm
Friday 6:45–7:25pm
Saturday 10:15–10:55am

Yikes

First time swimmers who are terrified of water. This class will focus mainly on water adjustment through fun and games.

Friday 6:00–6:40pm
Friday 6:45–7:25pm
Saturday 11:00–11:40am

Eel

For children who can swim five feet on front, back and side without flotation. Teaches advanced beginning skills including improving floating, gliding, paddle stroke with face in and kicking on back. Minimum participants 3, maximum participants 6.

Tuesday 6:00–6:40pm
Thursday 6:00–6:40pm
Saturday 10:15–10:55am

Rayfish

Swimmers develop over-arm front crawl and basic rhythmic breathing without using flotation devices. Students learn underwater skills. Side and breast stroke are introduced. Minimum participants 3, maximum participants 6.

Wednesday 6:00–6:40pm
Saturday 11:45am–12:25pm

Youth Swim Lessons

Age 6–12

Fee: \$45 Member/\$90 Program Member

Polliwog (Beginner)

For children who are first-time swimmers or swimmers that can swim with a flotation device. This class teaches water adjustment, getting face wet, learning to front and back float all while building confidence and having fun. Minimum participants 3, maximum participants 6.

Monday 6:00–6:45pm
Friday 6:00–6:45pm
Saturday 8:00–8:45am
Saturday 9:00–9:45am

Polliwog II

For children who are first-time swimmers or swimmers that can swim with a flotation device who are already adjusted to water and getting their face wet. Students learn to front and back float all while building confidence and having fun. Minimum participants 3, maximum participants 6.

Monday 6:45–7:25pm
Friday 6:45–7:25pm
Saturday 10:00–10:45am

Guppy (Intermediate Beginner)

For children who can swim five feet on front and back side without flotation. Teaches advanced beginning skills including improving floating, gliding, paddle stroke with face in and kicking on back. Minimum participants 3, maximum participants 8.

Tuesday 6:45–7:25pm
Thursday 6:45–7:25pm
Saturday 8:50–9:35am

Minnow (Advanced Beginner)

Improve front and back stroke development and endurance. While introducing treading, side paddle rudimentary breast stroke, water sports, games and basic rescue. Minimum participants 3, maximum participants 8.

Wednesday 6:40–7:25pm
Saturday 9:40–10:25am

Fish (Swim Club)

Children in this club must be able to swim at least two lengths of front crawl, backstroke and breast stroke. This club will teach butterfly and enhance your child's ability to swim competively. Minimum participants 3, maximum participants 10.

Saturday 10:30–11:30am

Shark (Swim Club)

Children in this club must be able to swim at least four lengths of front crawl, backstroke and breast stroke. This club will teach butterfly and enhance your child's ability to swim competively. Minimum participants 3, maximum participants 10.

Saturday 11:30–12:30am

Teen and Adult Swim Lessons

Age 13+

We at the South Side YMCA encourage teens and adults to learn how to swim. Swimming is a life long skill that can be enjoyed by all. Classes meet once a week.

Fee: \$45 Member/\$90 Program Member

T.O.W.

If you are afraid of the water then T.O.W. "Terrified of the Water" is the class for you.

Monday 7:00–7:45pm

Beginners

If you have never had swim class before, you will learn confidence, patience, rotary breathing and front crawl—and have fun!

Tuesday 7:00–7:45pm
Saturday 8:00–8:45am

Intermediate

For swimmers who can swim one length of the pool and have already mastered rotary breathing, front and back crawl. This class will focus on endurance.



Feel free to stop in or call to inquire about our next session starting on September 6, 2009.

Hurry classes fill up fast!

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