

Swim Lesson Information

It is our goal at the Fort Walton Family YMCA to provide you and your child with fun, safe and educational swim lessons. We will focus on water safety and achieving age appropriate skills for swimmers of all levels.

Payment and Registration

Payment and a completed registration are required prior to your first lesson. Class registration is based on a first come first serve basis.

Member rate ~ \$48.00~ per session

Program participant~\$62.00~ per session

*Financial Assistance is available

* A minimum of three (3) participants is required in order for a class to be conducted.

*Registration for each session will end the day prior to the start of class.

*The time that your class is schedule may be changed and you will be notified prior to the first lesson in each session.

Private Swim Lessons

One on one instruction Aprox. 40 Minutes in length

Member Rate:

\$20.00.....1 Lesson

\$50.00.....3 Lessons

\$90.00.....6 Lessons

Program Participant Rate:

\$30.00.....1Lesson

\$75.00.....3 Lessons

\$130.00.....6 Lessons

Cancellation policy for Private lessons.

There is a 24 hours cancellation policy for private lessons. If the instructor is not informed at least 24 hours prior to the lesson time, your lesson time will be lost. Please call to cancel 850-863-9622 or 850-685-5195

Tuesday and Thursday Class Schedule

Parent and Child 9:00-9:30
Pike/Eel 9:00-9:30, 10:30-11:00
Ray/ Starfish 9:45-10:15
Adult/Teen A&B 8:15-8:55

Class Sessions

Session I- 1/5/10-1/28/10

Session II 2/9/10-3/11/10

Session III 3/23/10-4/15/10

Tues & Thurs Nights

Parent and Child6:05-6:35
Pike/Eel.....6:05-6:35
Ray/ Starfish.....6:40-7:10
Polliwog.....6:40-7:10
Guppy.....6:40-7:10
Minnow.....7:15-7:45
Fish.....7:15-7:45
Flying Fish.....7:15-7:45

Class Session

Session I ~1/5/10-1/28/10

Session II ~ 2/9/10-3/11/10

Session III ~ 3/23/10-4/15/10



Saturday Morning Classes

Adult/Teen A&B.....8:15-8:45
Parent and Child9:00-9:30
Pike/Eel9:30-10:00
Ray/ Starfish.....9:30-10:00
Polliwog.....10:00-10:30
Guppy10:00-10:30
Minnow 10:30-11:00
Fish10:30-11:00
Flying Fish10:30-11:00

Saturday Morning Sessions

Session I- 3/13/10-5/1/10

Saturday Afternoon classes

Adult/Teen A&B.....1:00-1:30
Parent and Child.....1:00-1:30
Pike/Eel.....1:30-2:00
Ray/ Starfish.....1:30-2:00
Polliwog2:00-2:30
Guppy2:00-2:30
Minnow.....3:00-3:30
Fish3:00-3:30
Flying Fish3:00-3:30

Saturday Sessions

Session I- 1/9/10-2/27/10

There will be no classes the last weekend in January due to pool closure.

There will be one weekend in February that the pool will be closed for regular maintenance at the conclusion of swim season.

Polliwog- (School age, no prior lessons) -

Students are taught floating, safety in and around bodies of water and a beginner stroke. Flotation devices may be used. Children will learn to swim 10 yards without a flotation device, introduced to elementary back stroke and rhythmic breathing.

Guppy, School age beginner- Children learn to swim 25 yds of front stroke and elementary back without a flotation device and rhythmic breathing. They will be introduced to gliding and streamlining.

Minnow- School age, Intermediate- must be able to swim 50 yards on front without a flotation device. Instructors focus on stroke refinement of back and breast stroke, with some work on side stroke and endurance. Egg-beater, butterfly kick and standing dives are introduced

Flying fish School age advanced- Must be able to swim 50 yards front Crawl and 50 yards back crawl. Instructors will focus on refining the elementary back stroke, rhythmic breathing flip turns and survival techniques.

Adult/Teen A- Non-swimming beginners- who wish to learn to swim.

Adult/Teen B- Intermediate/Advanced- who wish to develop their stroke technique and swimming abilities, or train for specific events.



Skipper Swim Lessons

Parent/ Tot- 6mo to 36 mo- an interactive class between parent, child and instructor. Pool safety, water entry and exit, breath control buoyancy, body positioning, stroke/kicking patterns will be taught.

Pike/Eel- (preschool) - A child under the age of 5 who has never taken swim lessons should begin as a Pike/Eel. Group adjustments and independent swimming skills are development. Flotation devices are used during part of the class. Children will learn how to float on the front/back, arm/leg patterns, pool safety: water entry and exit.

Ray/Starfish- (Preschool) - Children will learn pool rules, water safety, sitting dives, front and back float, reaching assist, how to get out of the pool without assistance.

Thunder and Lightning Policy

For your safety and the safety of our instructors we will close the pool 30 minutes for audible thunder or visible strikes of lightning. Please call customer service for more information

Illness Policy

For the health of our instructors and swim class participants, we will not instruct participants with fever, diarrhea, colds, open sores, eye infections. or other illnesses that may be spread. Anyone with any of these symptoms will need a doctor's note before they can return to class.

Our Mission is to put Christian principle into practice through programs that build a healthy spirit mind, and body for all.



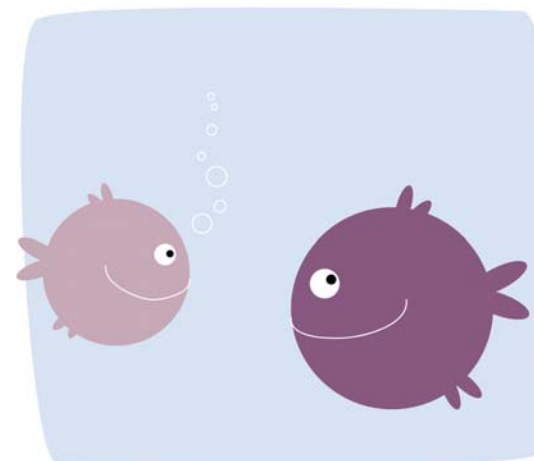
A United Way Agency # 5038

Fort Walton Family



Swim Lesson Brochure

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