

Private Swim Lesson

One on One Instruction ~ 30 minutes in length

Member Rate:

\$20.00	1 Lesson
\$50.00	3 Lessons
\$90.00	6 Lessons

Program Participant Rate:

\$30.00	1 Lesson
\$75.00	3 Lessons
\$130.00	6 Lessons

Cancellation Policy for Private Lessons

There is a 24 hour cancellation policy for private lessons. If the instructor is not informed 24 hours prior to a cancellation your lesson will be lost.

Call **850-897-9622** if you need to cancel.

Illness Policy

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

Lightning & Thunder Policy

For your safety and the safety of our staff, we will close the pool 30 minutes for audible thunder or visible strike of lightning. Make-up classes will be offered for lessons cancelled due to inclement weather.

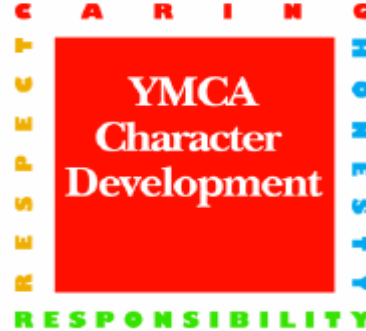
Please call **Customer Service** for more information at **850-897-9622**

YAQUATICS™

We build strong kids, strong families, strong communities.

Ask about our other Aquatic programs....

- ⇒ Water Fitness Classes
- ⇒ Birthday Parties
- ⇒ Church or Group Rentals



YMCA Mission

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



Niceville Family



Fall 2009 Swim Brochure



Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Niceville Family YMCA

1031 E. John Sims Parkway

Niceville, FL 32578

850.897.9622

NicevilleFamilyYMCA@ecymca.org

www.ecymca.org

Swim Lesson Information

It is our goal at the Niceville Family YMCA to provide you & your child with fun, safe & educational swim lessons. We will focus on water safety & achieving age appropriate skills for swimmers of all levels. All of our instructors are trained and will evaluate your child's ability and track their progress through out their lesson so that you, your instructor and your child will know exactly what ability and level they have achieved.

Payment and Registration

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

Members Rate Per Session

\$48.00 (six 45 minute lessons)

Program Participant Per Session

\$62.00 (six 45 minute lessons)



5038

A United Way Agency



We build strong kids, strong families, strong communities.

MORNING Class SESSION Dates

Session ISept. 5– Oct. 10

Session II.....Oct. 17– Nov. 21

Morning TIMES...Saturdays

Parent / Child.....9:50– 10:35

Pike / Eel.....10:40– 11:15

Ray / Starfish.....11:20— 12:05

Polliwog.....10:40– 11:15

Guppy.....11:20– 12:05

Minnow.....9:50— 10:35

Fish / Flying Fish.....9:00– 9:45

Adult / Teen.....9:00– 9:45



Skipper...Pre-School Classes

Parent/Child (6 - 36 mo.) - An interactive class between parent, child & instructor. Introduction to the water, pool safety, breath control, buoyancy,

Pike/Eel (3-5 yrs) - Floatation devices are used during part of the class. Group adjustment & independent swimming skills are developed. Will learn to float on front/back, arm/leg patterns, pool safety, & water entry & exit.

Ray/Starfish (3-5 yrs) - Be able to swim without floatation device. Will learn water safety, sitting dives, front & back paddle 15 yards without help, front & back float, reaching assists, & how to get out of the pool without assistance.

Progressive... Youth Classes

Polliwog (6yrs + no prior lessons) - Introduction to front crawl, front & back floats, putting face in water & personal safety skills. Floatation devices may be used. Introduction to elementary back stroke & rhythmic breathing.

Guppy (6yrs + beginner) - Children learn to swim 25 yds of front & back strokes, elementary back & rhythmic breathing without a floatation device. Introduced to gliding & streamlining.

Minnow (6yrs + Intermediate) - Must be able to swim 40 yds on front without a floatation device. Focus on endurance and stroke refinement of back, side & breast & breast strokes. Introduction of egg-beater, butterfly kick & standing dives.

Fish / Flying Fish (6yrs +, advanced) - Must be able to swim 50 yds front crawl & 50 yds back crawl. Focus on refining the elementary back stroke, breast stroke, back stroke, butterfly stroke, rhythmic breathing, flip turns & survival techniques.

Adult / Teen A (15yrs +) - Non-swimmers / Beginners who desires to learn to swim

Adult / Teen B (15yrs +) - Intermediate/Advanced who wish to develop their stroke technique & swimming abilities.