

**Skipper Swim Lessons:**

**Parent/Child (6-36 mo.)** - An interactive class between parent, child and instructor. Pool safety, water entry and exit, breath control, buoyancy, body positioning and arm/leg patterns will be taught.

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

**Ray/Starfish (Preschool up to age 5)**- Children will learn pool rules and water safety, sitting dives, front and back paddle 15 yards without help, front and back float, reaching assists, and how to get out of the pool without assistance.

**Progressive Swim Lessons:**

**Poliwog (School age, no prior lessons)**- Students are taught floating, safety in and around bodies of water and a beginner stroke. Floatation devices may be used. Children will learn to swim 10 yards without a floatation device, and introduced to elem. back stroke and rhythmic breathing.

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

**Minnow (School age, intermediate)**- Must be able to swim 40 yards on front without a floatation device. Instructors focus on stroke refinement of back stroke, breast stroke and side stroke as well as endurance. Egg-beater, butterfly kick and standing dives are introduced.

**Fish/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, breast stroke, back stroke, butterfly stroke, rhythmic breathing, flip turns and survival techniques.

**Adult/Teen A**-(Non-swimmers/Beginners) who wish to learn to swim

**Adult/Teen B**-(Intermediate/Advanced) who wish to develop their stroke technique and swimming abilities



Make sure to ask about our other Aquatics programs:

**Water Fitness Classes**

**Birthday Parties**

**Scuba Classes**



**We Build Strong Kids, Strong Families,  
and Strong Communities**



**Spring 2010**

**Swim Brochure**



**Niceville Family YMCA  
1031 E. John Sims  
Parkway  
Niceville, Fl. 32578  
(850)-897-9622**

[nicevillefamilyymca@ecymca.org](mailto:nicevillefamilyymca@ecymca.org)

## Swim Lesson Information

It is our goal at the Niceville 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 is required prior to your first lesson. Class registration is based on a first come basis.

### Members Rate

\$48.00 (eight 30 min. lessons)

### Program Participant Rate

\$62.00 (eight 30 min. lessons)

\* Financial Assistance is available

## Illness Policy

For the Health of our instructors and 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 and may require a doctor's note before they



## Class Sessions

Saturday Mornings

Session I.....January 16—March 16

Session II .....March 20—May 15

(No Classes on April 3)

Please Note: A minimum of three participants is required in order for a class to be

## Class Schedule (Saturday Mornings)

Parent/Child.....9:00—9:30 am

Pike/Eel.....9:30—10:00 am

Ray/Starfish.....9:30—10:00 am

Polliwog.....10:00—10:30 am

Guppy.....10:00—10:30 am

Minnow.....10:30—11:00 am

Fish/Flying Fish.....10:30—11:00 am

Adult./Teen .....8:30—9:00 am



## Private Swim Lesson

1 on 1 Instruction (40 minutes long)

### 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. Please call [850-897-9622](tel:850-897-9622) if you need to cancel.

## Lightning & Thunder Policy

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