

# GROUP SWIM LESSONS

4 WEEK SESSIONS	Family Membership	Full Program Price
September 9 - October 3	\$49	\$81
October 7 - October 31		
November 4 - November 27		
December 2 - December 19 PRORATED		
8-WEEK SATURDAY SESSIONS		
September 14 - November 2	\$49	\$81
November 9 - December 21 PRORATED		

LESSON DAYS & TIMES					
Monday & Wednesday					
All Levels	4:00pm	4:45pm	5:30pm	6:15pm	7:00pm
Parent/Tot			5:30pm		
Tuesday & Thursday					
Levels 1 & 2	9:00am	9:45am			
Parent/Tot			10:30am		
All Levels	4:00pm	4:45pm	5:30pm	6:15pm	7:00pm
Parent/Tot			5:30pm		
Saturday					
All Levels	9:00am	9:45am	10:30am	11:15am	
Parent/Tot			10:30am	11:15am	

## Parent-Tot Lessons (6 months - 3 years)

### Parent/Tot:

Welcome to the world of bubbles, laughter, water songs, and crocodile jumps! This program is designed to acquaint your child with swimming readiness skills while bringing together families in a comfortable and fun atmosphere.

## SWIM STARTERS

## PRESCHOOL (3 - 5 years)

## SCHOOL-AGE (6 - 13 years)

### Level

# 1

Orients participants to the aquatic environment and helps them gain basic aquatic skills. Participants begin to develop positive attitudes and safe practices around water. Skills taught: bubbles, bobs, entries & exits from the pool, front and back floating, and gliding skills.

### Level

# 2

Builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Skills taught: rhythmic bobbing, stroke introductions on their front & back, as well as learn to recover from a horizontal to a vertical position on front & back.

### Level

# 3

Builds on the skills learned in levels 1 & 2 to help participants achieve basic water competency in a pool environment. Participants will learn bobbing to safety, side breathing, survival float, changing body positions in deep water, streamline push-offs, dolphin kick & breaststroke, elementary backstroke will be introduced.

### Level

# 4

Improves participant's proficiency in performing swimming strokes that were introduced in Level 3. Participants will learn head first entries, underwater swimming breath control, surface dives, open turns for front & back crawl, treading water and butterfly will be introduced.

### Level

# 5

Our instructors will help participants refine their performance of all six swimming strokes. Participants will learn shallow angle dives from the water's edge as well as front and back flip turns. Participants will also build endurance with front crawl, breaststroke, butterfly and backstroke along with sculling technique.

### Level

# 6

Participants will continue to refine their strokes in order to swim with greater efficiency and effectiveness over longer distances. Participants will build endurance in all strokes. They will become proficient with all competitive open & flip turns as well as individual and group open water safety skills.

## SWIM BASICS

Recommended skills for all to have around water

## SWIM STROKES

Skills to support a healthy lifestyle

# NEW TO YMCA AQUATICS?

## SWIM LESSON INFORMATION

Y Swim Lessons are organized by age and skill level. Advancing to the next level is dependent upon the child's mastery of required skills. Since each child will learn at their own pace, session completion does not guarantee advancement to the next stage. Do not be discouraged if we recommend additional sessions at the same stage, as this is quite typical.

- Lesson registration window opens 2 weeks prior to the first day of each session.
- Priority registration for Family Memberships! First week of registration window.
- Participants can register in person, online, or via the mobile app.
- Parent/Tot, Level 1, and Level 2 swimmers hold class in the activity pool.
- Level 3, Level 4, Level 5, and Level 6 swimmers hold class in the main pool.
- Young children, who are not toilet trained, must wear a swim diaper.
- To register, all lesson participants must have a current Facility or Program Membership on file.
- Sign up for a YMCA Family Membership to receive a discount off the full swim lesson rate.

## ORCA SWIM TEAM

- Participants must set up scheduled monthly payments or pay in full at time of registration.
- Participants can register in person, online, or via the mobile app.
- Connect with your coach for the 2019/2020 meet schedules.

# PRIVATE SWIM LESSONS

Private & semi-private swim lessons consist of four 30 minute lessons with a trained Y swim instructor. Days and times of lessons vary based on instructor availability. Registration is available online, in person, or via the mobile app two weeks prior to the start of each session.

4 WEEK LESSONS	Private		Semi-Private	
	Family Membership	Program Price	Family Membership	Program Price
September 9 - October 5	\$69	\$121	+\$34.50	+\$60.50
October 6 - November 2				
November 3 - November 30				
December 1 - December 21				

# INTRO TO SWIM TEAM

Transition your swimmer from Y lessons into the exciting world of swim team with our fun and recreational Pre-Team program! Pre-Team Swimmers learn and refine competitive strokes, turns, and starts. Participants must swim at a Level 4 or above and may be moved onto the Orca Swim Team – Novice to participate competitively at coaches discretion.

**Intro Season:** September 2019 - June 2020

Days/Times:	T/TH 5:30pm - 6:15 pm	T/TH 6:15pm - 7:00pm
Age:	6-13 years	6-13 years
Cost:	\$49/\$81	\$49/\$81



# ORCA SWIM TEAM

Orca Youth Swim Team is competitive and friendly! We specialize in refining skills for competitive swimming, making new friends, and building confidence. Participants must be Level 5 swimmer or higher. This season will run in conjunction with the academic school year. During season, tryouts are held on the last Friday of each month. Mandatory parent meetings are held the 3rd Friday of the month at the Briggs YMCA.

## Swim Team Season

September 9 - June 19  
**Head Coach: Josie Kryszinski**  
 Contact Info: 360.918.0333

## NOVICE

Day & Time:	M/W/F 4:00pm - 5:00pm or 5:30pm - 6:00pm
Cost:	\$65/\$88 per month
Age:	6+

## JUNIOR

Day & Time:	M/W/F 4:00pm - 5:30pm or 5:30 - 7:00pm
Cost:	\$85/\$112 per month
Age:	8+

## SENIOR

Day & Time:	M/W/F 5:00pm - 7:00pm
Cost:	\$105/\$134 per month
Age:	12+



## LIFEGUARD CLASSES

Learn to save a life at the Y! The South Sound YMCA offers a 4-day course to earn American Red Cross Lifeguard, First Aid, CPR/AED for Professional Rescuer certifications at the Briggs YMCA.

### CLASSES:

- September 28<sup>th</sup>, 29<sup>th</sup>, October 5<sup>th</sup>, 6<sup>th</sup>
- December 20<sup>th</sup> - 23<sup>rd</sup>

### COST:

\$215 - \$250

### TRAINING CONTACT:

Bev Eagen  
eagenb@ssymca.net

## FUN FOR AGES 14+

### Adult Swim Lessons

For participants of all skill levels who want to overcome the fear of water, improve their strokes, or train for an event! Dedicated volunteers from our Masters Swim Team and the Y staff will work with you to help you achieve your goals. It's never too late to learn how to swim! Program runs year-round. Must register every month prior to the beginning of each session.

Saturdays 8:15 - 9:00am	<b>Facility</b>	<b>Program</b>
	\$15/month	\$60/month

### Masters Swim Team

Masters Swim Team is designed for swimmers who want to train in all four competitive strokes. Workouts are provided at each class and include kicking sets, drills, and endurance swims. Our Masters Coach will work with you to achieve your personal goals. Program run year-round; must register monthly.

M/W/F 6:45am - 8:00am	<b>Facility</b>	<b>Program</b>
	\$0	\$60/month

### Masters Synchro Team

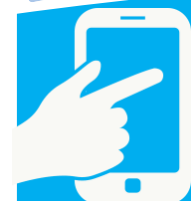
Come try the beautiful and competitive sport of synchronized swimming! Masters Synchro is a challenging and rewarding sport for all experienced swimmers. Season runs January - October.

T/TH 7:45pm - 8:30pm	<b>Facility</b>
	\$50/month



# SWIM WITH CONFIDENCE

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- Locations
- Hours
- Notifications

**BRIGGS**  
1530 Yelm Highway SE  
Olympia, WA 98501

360.753.6576

**PLUM**  
505 Plum ST SE,  
Olympia, WA 98501

360.357.6609

FALL 2019 AQUATICS PROGRAM GUIDE

# SOUTH SOUND YMCA

SOUTHSOUNDYMCA.ORG