



Swim Lessons

Winter 2012

Contact Information

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Swim Lessons

Group and private swim lessons are offered for ages 6months through adult.

Registration & Session Dates

Session Dates	Registration Dates		
January 30 - March 10	Y Members	Begins January 17	Non Y Members Begins January 19
March 26 - May 5	Y Members	Begins March 13	Non Y Members Begins March 15

Time

See inside of this brochure swim lesson schedules (days/times).

Fees - Group Lessons

Y Member	\$24
Y Non-Member	\$48

Fees - Private Lessons

Y Member	\$80 for six lessons	\$15 per lesson
Y Non-Member	\$125 for six lessons	\$30 per lesson

Registration Information

Pickup/Drop off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/Guardians are responsible for making arrangements to pick up their child on time.

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacation, illness, other activities, etc.) Class cancellations made by YMCA will be rescheduled.

Online Registration Available - ymcalincoln.org

To receive your user ID and pin number, please contact the Cooper YMCA front desk at 323-6400.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.



Cooper Y

Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225

ymcalincoln.org

Group Swim Lesson Schedule

Our progressive lessons are 40 minutes in length and meet once a week for six weeks.

Mornings

Monday		Tuesday		Wednesday		Thursday		Saturday		
9:15	10:00	9:15	10:00	9:15	10:00	9:15	10:00	9:00	9:45	10:30
Perch	Pike	Ski	Eel	Pike	Perch	Perch	Pike	Ski	Perch	Pike
Pike	Eel	Pike	Ray	Eel	Pike	Pike	Eel	Pike	Pike	Eel
								Polliwog	Eel	Polliwog
								Guppy	Ray	Guppy
								Fish	Minnow	Fly Fish/ Shark

Evenings

Monday			Tuesday		
4:00	4:45	5:30	4:30	5:15	6:00
Pike	Perch	Perch	Perch	Ski	Pike
Eel	Pike	Pike	Pike	Eel	Eel
Polliwog	Polliwog	Ray	Ray	Polliwog	Polliwog
Guppy	Guppy	Polliwog	Guppy	Guppy	Fish
Fish	Minnow	Fly Fish/Shark	Fly Fish/Shark	Minnow	Adult

Wednesday			Thursday		
4:30	5:15	6:00	5:00	5:45	6:30
Ski	Perch	Pike	Ski	Perch	Pike
Pike	Pike	Eel	Pike	Eel	Eel
Eel	Ray	Polliwog	Ray	Polliwog	Polliwog
Polliwog	Guppy	Guppy	Minnow	Guppy	Guppy
Fish	Minnow	Fly Fish/Shark	Fly Fish/Shark	Fish	Minnow

Private Swim Lesson Schedule

We'll choose a time that's convenient for you. Stop by the front desk for a request form.

Float For Life Schedule

Classes meet twice a week for six weeks. Each class is 15 minutes in length. 10 minutes are in the water and 5 minutes are for parent education/communication.

Monday & Wednesday Mornings

9:15	10:00
9:30	10:15
9:45	10:30

Tuesday & Thursday Mornings

9:15	10:00
9:30	10:15
9:45	10:30

Tuesday & Thursday Evenings

5:00	6:00
5:15	6:15
5:30	6:30
5:45	6:45



Class Descriptions

Float For Life

Ages 9 months - 3 years

Classes are designed to teach children how to breath by rolling over to their backs and floating. This life saving technique can give each child those few extra seconds that may save their lives. Individually children will learn safety skills used throughout life. They will learn to float first, swim to the side and moving in and out of the water comfortably. Classes are one on one with the instructor. Parents will not get in the water for these classes. Each class will be determined by child's personal progress. This program is a skills learned program, and will not receive a "grade" at the end of the session. When skills are completed, enroll your child into our YMCA Swim Program for stroke development and refinement.

Parent with Child Classes

SKI (Ages 6 months to 2 years)

Designed to increase the ability of parents to help their child enjoy the water. Different techniques will be used to help the child make a positive adjustment. Parent or guardian must participate in the water.

Perch (Ages 2-4 years)

The goal of the class is to have the child become independent from their parent or guardian in the water. Designed to increase the child's comfort in working with an instructor through lessening parent involvement over the course of the session. Will not only work on building confidence in the water, but also beginning water skills including floats, kicks and arm movements. A parent or guardian must participate in the water.

Pre School Age Classes

Ages 3-5 years old

Pike

A beginner level class that is designed to work on building confidence in the water and learning skills such as; floats and jumping in alone. Child must be comfortable participating without a parent or guardian.

Eel

Must be able to float on front and back for 5 seconds and jump in alone. Will work on front and back floats, treading water and swimming independently.

Ray

Must be able to swim at least 20 ft. on front and back and float on front and back for 20 seconds alone. Must be comfortable in deep water. Will work on development of front and back crawl and rotary breathing. *****If a child passes the Ray class, they will move to Guppy.***

Youth Classes

Ages 6 years and up

Polliwog

This class is designed for beginning swimmers who cannot yet swim 30ft of front crawl or 20 ft of back crawl. Will work on water adjustment, front and back crawl strokes and development of independence while swimming.

Guppy

Must be able to swim one half of a pool length continuously of front and back crawl. Will focus primarily on development of front crawl, back crawl and rotary breathing.

Minnow

Must be able to swim one pool length continuously of both front crawl with rotary breathing and back crawl. Will concentrate on building endurance, rotary breathing and proper form in strokes. Will learn breaststroke, sidestroke, and elementary backstroke.

Fish

Must be able to swim one pool length continuously of proper front and back crawl, breaststroke, sidestroke and elementary backstroke. Will work on building endurance and perfecting the breaststroke, elementary backstroke, and sidestroke. Will be introduced to butterfly at this level.

Flying Fish

Must be able to swim 50yds continuously of each of the following strokes: front crawl, back crawl, breaststroke, elementary backstroke and sidestroke. Will continue to learn butterfly at this level and continue to work on building up endurance.

Shark

Must be able to proficiently swim 50yds continuously of the following: front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. Will also work on starts and turns. *****Dives and starts will not be taught at the Cooper Y due to lack of water depth.***

Adult Class

Ages 16 years and up

Adult

This class is designed for beginning swimmers and starts at each swimmers own individual level. From the truly terrified to the "I want to learn how to swim laps for wellness" and everyone in between this class is for you.

Private Lessons

30 minute lessons with one-on-one instruction with an experienced instructor. All ages and abilities are welcome and move at your own pace.