



# Swim Lessons

## Winter 2012

### Contact Information

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## Swim Lessons

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

### Session & Registration Dates

#### Evening

##### Session Dates

January 30 - March 10  
March 26 - May 5

##### Registration Dates

Lincoln Y Members Begins January 17  
Lincoln Y Members Begins March 13

Community Members Begins January 19  
Community Members Begins March 15

#### Time

See inside of this brochure for 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](http://ymcalincoln.org)

To receive your user ID and pin number, please contact the DowntownYMCA Front Desk at 434-9260.

### 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.



Downtown Y

# Group Swim Lesson Schedule

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

## Evenings

Tuesday  
5:00  
Pike

Tuesday  
5:45  
Polliwog

# Private Swim Lesson Schedule

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

## Class Descriptions

### 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.

## 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.

### 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