

# 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 Y 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 the Y will be rescheduled.

## Online Registration Available - ymcalincoln.org

To receive your user ID and pin number, please contact the Northeast Y front desk at (402) 434-9262.

## 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.



# Swim Lessons

## Summer 2012

### Contact Information

Jennifer Roller  
(402) 434-9252  
jroller@ymcalincoln.org

## Swim Lessons

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

### Session & Registration Dates

#### Morning

Session Dates	Registration Dates	Y Members	Non Y Members	Begins
May 29 - June 7	Begins May 22	Begins May 24	Begins May 24	Begins May 24
June 11 - June 21	Begins June 5	Begins June 7	Begins June 7	Begins June 7
June 25 - July 5	Begins June 19	Begins June 21	Begins June 21	Begins June 21
July 9 - July 19	Begins July 3	Begins July 5	Begins July 5	Begins July 5
July 23 - August 2	Begins July 17	Begins July 19	Begins July 19	Begins July 19

Morning classes meet Monday - Thursday for two weeks.  
No classes will be held Monday, May 28 or Wednesday, July 4.

#### Evening

Session Dates	Registration Dates	Y Members	Non Y Members	Begins
May 29 - June 14	Begins May 22	Begins May 24	Begins May 24	Begins May 24
June 18 - July 5	Begins June 12	Begins June 14	Begins June 14	Begins June 14
July 9 - July 26	Begins July 3	Begins July 5	Begins July 5	Begins July 5

Evening classes meet twice a week for three weeks.  
No classes will be held Monday, May 28 or Wednesday, July 4.

#### Saturday

Session Dates	Registration Dates	Y Members	Non Y Members	Begins
June 9 - July 14	Begins May 22	Begins May 24	Begins May 24	Begins May 24

Saturday classes meet once a week for six weeks.

### Times

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

### Fees - Group Lessons

Session prices will be prorated for Memorial Day & July 4th.

Session	Y Member	Y Non-Member
8 lesson session Daily Morning	\$32	\$64
6 lesson session Evening & Saturday	\$24	\$48

### Fees - Private Lessons

Y Member	\$80 for six lessons
Y Non-Member	\$125 for six lessons

# Northeast Y

Cooper	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
6767 S. 14th Street Lincoln, NE 68512 (402) 323-6400	1039 P Street Lincoln, NE 68508 (402) 434-9230	700 Penrose Drive Lincoln, NE 68521 (402) 323-6444	2601 N. 70th Street Lincoln, NE 68507 (402) 434-9262	570 Fallbrook Blvd., # 210 Lincoln, NE 68521 (402) 434-9217	570 Fallbrook Blvd., #210 Lincoln, NE 68521 (402) 434-9225

[ymcalincoln.org](http://ymcalincoln.org)



# Group Swim Lesson Schedule

Our progressive lessons are 40 minutes in length.

## Morning

Monday - Thursday classes meet 4 days a week for two weeks.

<b>Monday - Thursday</b>	
<b>9:45</b>	<b>10:30</b>
Pike	Pike
Eel	Ray
Starfish	Polliwog
Guppy	Minnow
Fish	Fly Fish/Shark

## Evenings

Evening classes meet twice a week for three weeks.

<b>Monday &amp; Wednesday</b>				
<b>4:00</b>	<b>4:45</b>	<b>5:30</b>	<b>6:15</b>	<b>6:45</b>
SKI	Pike	Pike	Pike	Adult
Pike	Starfish	Eel	Eel	
Eel	Polliwog	Ray	Starfish	
Polliwog	Guppy	Guppy	Fish	
Minnow	Fly Fish/Shark			

<b>Tuesday &amp; Thursday</b>			
<b>4:00</b>	<b>4:45</b>	<b>5:30</b>	<b>6:15</b>
Perch	Pike	Pike	Pike
Pike	Eel	Eel	Ray
Ray	Polliwog	Starfish	Starfish
Guppy	Guppy	Minnow	Fly Fish/Shark
Fish	Minnow		

## Saturday Morning

Saturday classes meet once a week for six weeks.

<b>Saturday</b>		
<b>9:45</b>	<b>10:30</b>	<b>11:15</b>
Pike	Perch	SKI
Eel	Pike	Pike
Starfish	Eel	Ray
Guppy	Polliwog	Guppy
Minnow	Fish	Fly Fish/Shark

# Private Swim Lesson Schedule

We'll choose a time that's convenient for you and our staff. We do not schedule private lessons during our group lesson times. Stop by the Front Desk for a request form.



# Class Descriptions

## Float For Life Ages 9 months - 3 years

### Float For Life

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

### Starfish

A beginner level class that is designed to work on building confidence in the water and learning skills such as; floats, jumping in alone and putting front crawl and back crawl together. If your swimmer has never taken formal lessons or was previously in Pike or Eel this is the level for them.

### 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. If you swimmer had some swimming lessons prior or was previously in Ray this is the level for them.

### 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.