

Oakland YMCA – Updated August 2, 2019

FALL 2019

SWIM LESSON GUIDE

Aug Sep Oct Nov



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Register online at
www.ymcaeastbay.org/register

Session Dates and Fees Pricing: Facility Members / Non-Members

Aug-Sep

	MON/WED	TUE/THU	SATURDAY
SESSION DATES	Aug 19 – Sep 25 (11 classes) NO CLASS SEP 2	Aug 20 – Sep 26 (12 classes)	Aug 24 – Sep 28 (6 classes)
REGISTRATION DATES	Jul 15 – Aug 12	Jul 15 – Aug 13	Jul 15 – Jul 17
Group Lessons (30 mins)	\$116 / \$154	\$126 / \$168	\$63 / \$84
Porpoise (60 mins)	\$138 / \$183	---	\$75 / \$100
Adult (40 mins)	\$154 / \$ 205	\$168 / \$223	---

October

	MON/WED	TUE/THU	SATURDAY
SESSION DATES	Sep 30 – Oct 30 (9 classes) NO CLASS OCT 14	Oct 1 – Oct 29 (9 classes) NO CLASS OCT 31	Oct 5 – Oct 26 (4 classes)
REGISTRATION DATES	Jul 15 – Sep 23	Jul 15 – Sep 24	Jul 15 – Sep 28
Group Lessons (30 mins)	\$95 / \$126	\$95 / \$126	\$42 / \$56
Porpoise (60 mins)	\$113 / \$150	---	\$50 / \$67
Adult (40 mins)	\$126 / \$168	\$126 / \$168	---

November

	MON/WED	TUE/THU	SATURDAY
SESSION DATES	Nov – Nov 20 (5 classes) NO CLASS NOV 11	Nov 5 – Nov 21 (6 classes)	Nov 2 – Nov 23 (4 classes)
REGISTRATION DATES	Jul 15 – Oct 28	Jul 15 – Oct 29	Jul 15 – Oct 26
Group Lessons (30 mins)	\$52 / \$69	\$63 / \$84	\$42 / \$56
Porpoise (60 mins)	\$63 / \$84	---	\$50 / \$67
Adult (40 mins)	\$70 / \$93	\$84 / \$112	---

Refund Policy

Please check your schedule for possible conflicts before committing to a session. Refunds will be granted if requested 7 days or more prior to the start of the session. No refund will be granted after this time period. A refund processing fee will be applied as follows: \$10 for a credit card refund, or credit to your YMCA Account. \$25 for a check or cash payment refund.



What level should I choose?

The back Look at this list of Levels on the back page to help you identify the student's skill level. Each class has a prerequisite that is mandatory to join the class. Students placed in the wrong level will be removed from the class.

When to move on to the next level?

Parents, please keep your child in the same level until the instructor tells you it's time to move on, even if you are signing up for months in advance. Students typically need

Schedule

	Mon/Wed PM	Tue/Thu PM	Saturday AM
Parent/Child (Age 6 months – 2 years)			
Shrimp			9:00-9:30 9:30-10:00
Perch			9:00-9:30 9:30-10:00
Preschool (Age 3-5)			
Pike	5:05-5:35	5:40-6:10	9:00-9:30
	6:15-6:45		9:30-10:00
			10:05-10:35
			10:45-11:15
			11:20-11:50
Eel	5:05-5:35	5:40-6:10	9:00-9:30
	6:15-6:45		9:30-10:00
Ray/Starfish		5:05-5:35	10:45-11:15
			11:55-12:25

	Mon/Wed PM	Tue/Thu PM	Saturday AM
Youth (Age 6-12)			
Polliwog	5:40-6:10		10:05-10:35
		6:15-6:45	11:20-11:50
Guppy	5:40-6:10		10:05-10:35
		6:15-6:45	11:20-11:50
			11:55-12:25
Minnow		5:05-5:35	10:05-10:35
			10:45-11:15
			11:20-11:50
Fish	6:50-7:20		11:55-12:25
Flying Fish	6:50-7:20		12:30-1:00
Porpoise	6:15-7:15		12:40-1:40
Adult (Age 13 and up)			
Adult Beg.		6:50-7:30	
Adult Int.	6:50-7:30		

Private Lessons

Private lessons come in monthly packages and are held once a week. Each lesson is 30 minutes. The fee is \$25 per class for Facility Members and \$35 per class for Non-Members.

Private lessons are offered:
3-5pm Monday – Thursdays and
3-8pm Wednesdays.

Lesson times may vary by month depending on instructor availability. Please check online or in person for accurate availability. Online Registration can be viewed by following this link: www.ymcaeastbay.org/register

Semi-Private Lessons

Semi-Private lessons are available. The rate of the second student is half the amount of the original price. Students are recommended to be at a similar age and swimming ability but is not required.

Contact

Russell Diaz
Swim Lesson Coordinator
510 318 7644
russdiaz@ymcaeastbay.org



Levels All classes are 30 min unless otherwise specified.

PARENT/CHILD (6 MONTHS - 2 YEARS)

Shrimp (6 months to 1 year)

Level Objectives: For babies and their first time in the water. Getting comfortable, singing songs, submerging, blowing bubbles, splashing, kicking, back floats.

Perch (1 to 2 years)

Level Objectives: Blowing bubbles, splashing, kicking, back floats, and follow cues from instructor.

PRESCHOOL (3 - 5 YEARS)

Pike (For first time swimmers)

Level Objectives: Getting comfortable in the water, submerging, learn to use a kick-board by themselves.

Eel

Prerequisites: Comfortable getting their face in the water and using a kick-board.

Level Objectives: Unassisted front and back floats glides and push-offs. Assisted Freestyle with face in the water.

Ray

Prerequisites: Be able to float on their front and back for 5 seconds, and swim any stroke for 3 ft.

Level Objectives: Pop-up breaths, freestyle, dolphin kick, backstroke, and frog kick & intro to side breathing.

Starfish

Prerequisites: Comfort in deep water, independent freestyle, and backstroke for at least 12 ft.

Level Objectives: Side breathing, stroke refinement, and endurance training.

ADULT (13 AND UP)

Adult Beginner (40 min.)

For those who have never swam before.

Lesson Objectives: Learn the basics of safety and beginning to swim.

YOUTH (6 - 12 YEARS)

Polliwog (For first time swimmers or those who aged out of Pike or Eel.)

Level Objectives: Water acclimation, going under water, nose bubbles, floats, glides and stroke intro.

Guppy (For those who aged out of Ray or Starfish)

Prerequisites: Be able to float on their front and back for 5 seconds, and swim any stroke for 3 ft.

Level Objectives: Freestyle with side-breathing, backstroke, and frog kick.

Minnow

Prerequisites: Be able to swim 12 meters (half the pool.)

Level Objectives: Swim across the whole pool without stopping and refining all four competitive strokes and side breathing.

Fish

Prerequisites: Know all four competitive strokes and be able to swim 25 meters (1 pool length.)

Level Objectives: To refine all strokes, endurance and long distance, lap swimming, and intro to flip turn.

Flying Fish

Prerequisites: Know all four competitive strokes and be able to swim 50 meters (2 pool lengths)

Level Objectives: To refine all strokes, endurance and long distance, lap swimming, flip turn and swim team skills.

Porpoise Swim Club (1 hr.)

Prerequisites: Know all four competitive strokes and be able to swim 100 meters (4 pool lengths)

Level Objectives: A one hour swim club that incorporates both competitive and long distance swimming.

Adult Intermediate (40 min.)

For swimmers looking to improve.

Lesson Objectives: To assess the needs of the students and work to meet their personal goals.