



Oakland YMCA – Updated Nov 5, 2019

# WINTER 2019-20

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SWIM LESSON GUIDE

Dec Jan Feb



Register online at  
[www.ymcaeastbay.org/register](http://www.ymcaeastbay.org/register)

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

### Dec

	MON/WED	TUE/THU	SATURDAY
SESSION DATES	Dec 2 – Dec 18 ( 6 classes )	Dec 3 – Dec 19 ( 6 classes )	Dec 7 – Dec 21 ( 3 classes )
REGISTRATION DATES	Nov 4 – Nov 25	Nov 4 – Nov 26	Nov 4 – Nov 30
GROUP LESSONS (30 MINS)	\$63 / \$84	\$63 / \$84	\$32 / \$42
PORPOISE (60 MINS)	\$75 / \$100	---	\$38 / \$50
ADULT (40 MINS)	\$84 / \$ 112	\$84 / \$ 112	\$42 / \$56

### Jan

	MON/WED	TUE/THU	SATURDAY
SESSION DATES	Jan 6 –Jan 29 ( 7 classes ) <b>NO CLASS JAN 20</b>	Jan 7 – Jan 30 ( 8 classes )	Jan 4 – Jan 25 ( 4 classes )
REGISTRATION DATES	Nov 4 – Dec 30	Nov 4 - Dec 31	Nov 4 – Dec 28
GROUP LESSONS (30 MINS)	\$74 / \$98	\$84 / \$112	\$42 / \$56
PORPOISE (60 MINS)	\$88 / \$116	---	\$50 / \$66
ADULT (40 MINS)	\$98 / \$130	\$112 / \$149	\$56 / 75

### Feb

	MON/WED	TUE/THU	SATURDAY
SESSION DATES	Feb 3 – Feb 26 ( 7 classes ) <b>NO CLASS FEB 17</b>	Feb 4 – Feb 27 ( 8 classes )	Feb 1 – Feb 22 ( 4 classes )
REGISTRATION DATES	Nov 4 – Jan 27	Nov 4 – Jan 28	Nov 4 – Jan 25
GROUP LESSONS (30 MINS)	\$74 / \$98	\$84 / \$112	\$42 / \$56
PORPOISE (60 MINS)	\$88 / \$116	---	\$50 / \$66
ADULT (40 MINS)	\$98 / \$130	\$112 / \$149	\$56 / 75

## 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?

Look at this list of Levels on the back page to help you identify the student's skill level. Each class has a prerequisite 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 a few sessions to move on.

## Schedule

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

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

## 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.

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](http://www.ymcaeastbay.org/register)

You can also register on our new app. Just search the app store for: **YMCA of the East Bay**

## 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. To reserve a spot, register one student and email me to add the second.

## Contact

**Russell Diaz**  
**Swim Lesson Coordinator**  
 510 318 7644  
[russdiaz@ymcaeastbay.org](mailto: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, and 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:** 3 bobs, underwater bubbles, & use a kickboard by themselves for a few feet.

**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.

## TEEN/ADULT (13 AND UP)

### Beginner & Intermediate (40 min.)

For those who have never swam before, or need a refresher.

**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:** Getting comfortable in water, going under water, nose bubbles, floats, glides and intro to freestyle & backstroke.

**Guppy** (For those who aged out of Ray)

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

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

**Minnow**

**Prerequisites:** Be able to swim 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.

### 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.

### Advanced (40 min.)

For swimmers that can already swim a lap or two and are looking to improve.

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