



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SWIMMING

## YMCA Swim Lessons

Kids will learn to be safe around the water and gain confidence with every stroke as they splash their way across the Y's indoor pool in Y swim lessons. Plus, they'll enjoy some great exercise while they learn. We use a learn-to-swim progression from water orientation to stroke development that meets the needs of all levels of swimmers.

### SUMMER SWIM LESSONS

Class	Option #1	Option #2
Water Babies	W 9-9:30 a.m.	M 5-5:30 p.m.
Pike (Little Skippers)	M/W 9-9:30 a.m.	M/W or T/TH 4-4:30 p.m.
Eel (Skippers)	T/TH 9-9:30 a.m.	M/W or T/TH 4:30-5 p.m.
Ray (Big Skippers)	T/TH 9:30-10 a.m.	M/W 5-5:30 p.m.
Polliwogs	M/W 9:30-10 a.m.	M/W or T/TH 4-4:30 p.m.
Guppies	M/W 10-10:30 a.m.	M/W or T/TH 4:30-5 p.m.
Minnows	T/TH 10-10:30 a.m.	M/W 5-5:30 p.m.
Fish & Flying Fish	T/TH 10-10:30 a.m.	M/W 5:30-6 p.m.

Sessions: June 1-25

July 7-30

**Fee:** Water Babies: \$12 members/\$21 non-members

Preschool/Youth: \$24 members, \$42 non-members. (8-week classes)



### YMCA OF THE PRAIRIE

1415 Broadway, Holdrege, NE 68949

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# SWIM LESSONS LEVELS

## Water Babies — 6 months–3 years

Enjoy special time with your baby or toddler as they learn the basics of water safety and skills. This class promotes water readiness for children and their parent or trusted adult. Parent and child swim lessons offer a positive and fun environment to foster the parent/child relationship through water exploration. Classes include ongoing work on water safety along with water adjustment and beginning swimming skills. Songs, floatation devices and games will be used to enhance swim lessons. Swim diapers and swimsuits are required for all children.

## PRESCHOOL LESSONS — 3–5 years

### Pike

For Beginner Swimmers, who may or may not be comfortable in the water. The class will focus on water adjustment and water safety. Children will learn basic swimming skills using an instructional flotation device.

### Eel

For swimmers comfortable in the water, able to swim/paddle a distance of two feet, turn around and return to the wall without assistance. Participants work toward reviewing and improving basic skills, and are challenged to build greater skill and endurance in both shallow and deeper water. Eel swimmers should not be afraid to put their face in the water. Prerequisites: Certificate of Completion for Pike and/or a Passed Skills Test.

### Ray

For Intermediate/Advanced Swimmers who are comfortable in the water and capable of swimming the width of the pool without the aid of an instructional flotation device. This class will continue to improve on stroke skills, body posi-

tioning, and independence and endurance in the water. Swimmers will also learn basic diving skills and treading water. Prerequisites: Certificate of Completion for Eel and/or a Passed Skills Test.

## YOUTH LESSONS — Ages 6–16

### Polliwogs

For beginner swimmers, who may or may not be comfortable in the water. The class will focus on basic swim skills. Participants will work on becoming more comfortable in the water with an emphasis placed on water safety and acclimation. There are no prerequisites for enrollment.

### Guppy

For beginner swimmers who are comfortable in the water, comfortable going under water and are able to swim 15 yards on their front or back without assistance, and jump safely from the side. Swimmers will work toward accomplishing rotary breathing and will be introduced to the four basic strokes. Prerequisite: Certificate of Completion for Polliwog and/or a Passed Skills Test.

### Minnows

For intermediate swimmers capable of swimming 25 yards of front crawl and backstroke and jumping into deep water. Swimmers will work toward accomplishing rotary breathing and will be introduced to the four basic strokes. Prerequisite: Certificate of Completion for Guppy and/or a Passed Skills Test.

### Fish

For intermediate/advanced swimmers capable of swimming 25 yards front crawl, backstroke, breaststroke, sidestroke and elementary backstroke using correct technique. This class will focus on stroke development and introduce butterfly. Prerequisite: Certificate of Completion for

## Private Lessons

Private lessons and semi-private lessons are also available. Semi-private lessons work well with a small group of swimmers with the same level of ability.

Private lessons fees: \$10 per lesson for members/\$15 non-members.

Semi-private lessons fee: \$7 per person for members/\$12 per person non-members.