

SWIM CLASS DESCRIPTION

Parent-Child Swim Lessons:

For children 6 to 36 months and their parent and guardian. Our safety-based program encourages both the parent and child to have fun in the water while the parent helps their child learn aquatic skills and games that use basic movements in the water such as kicking, arm strokes and breath control.

Preschool Swim Lessons

Ages 3 - Kindergarten

Pike: Teaches basic paddle stroke, kicking skills, pool safety and comfort with holding their faces in the water.

Eel: They are taught to kick, dive, float, and perform the progressive paddle stroke.

Ray: Improve stroke skills, learn more and build endurance swimming on their front and back.

School Age Swim Lessons

Grade 1 - Grade 6

Polliwog: Beginning level; will learn a variety of paddle strokes and kicking skills.

Guppy: Beginning level II; stroke development, front and back, rudimentary breathing, jumping into deep water and learn to tread water.

Minnow: Advanced beginner level; front crawl with rotary breathing, back-stroke, introduction to breaststroke and sidestroke.

INFORMATION

Swim Registration

You may register for classes beginning **May 3rd** at the following locations:

Northeast YMCA
3127 Eastern Avenue
Sacramento, CA 95821

or

Sacramento Area YMCA
2021 W Street
Sacramento, CA 95818

Financial Assistance is Available

For More Information:

YMCA - Pat Wolfe: (916) 452-9622, ext 101
www.sacymca.org

Lap Swim @ El Camino High

Monday, Wednesday, Friday: 7:30 - 9:00am

Recreational Swim @ El Camino High

Monday - Thursday: 1:00 - 3:00pm

Friday: 1:00 - 4:30pm

Water Aerobics @ El Camino High

Monday, Wednesday, & Friday: 8:00 - 9:00am

Daily Pass

YMCA Members: Free

Adult (18+): \$5

Youth: \$2

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**SUMMER
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A NON-PROFIT ORGANIZATION

JUNE

Monday - Thursday (8 Lessons):
June 14 - June 24

Monday - Friday (5 Lessons):
June 28 - July 2

Polliwog

Pike

10:00 - 10:30am
11:00 - 11:30am
3:00 - 3:30pm
4:30 - 5:00pm

10:00 - 10:30am
10:30 - 11:00am
11:30 - 12:00pm
3:00 - 3:30pm
4:00 - 4:30pm
4:30 - 5:00pm

Eel

10:30 - 11:00am
3:30 - 4:00pm

Guppy

11:00 - 11:30am
3:30 - 4:00pm

Ray

11:30 - 12:00pm

Minnow

4:00-4:30pm

Ages:

Parent & Child: 6 months - 35 months

Preschool (Pike, Eel, Ray):
3 Years - Kindergarten

Grade School (Polliwog, Guppy, Minnow):
Grade 1 - Grade 6

JULY

Monday - Friday (5 Lessons):
July 5 - July 9

Monday - Thursday (8 Lessons) :
July 12 - July 22

Pike

10:00 - 10:30am
11:00 - 11:30am
3:00 - 3:30pm
4:30 - 5:00pm

Eel

10:30 - 11:00am
3:30 - 4:00pm

Ray

11:30 - 12:00pm

Polliwog

10:00 - 10:30am
10:30 - 11:00am
11:30 - 12:00pm
3:00 - 3:30pm
4:00 - 4:30pm
4:30 - 5:00pm

Guppy

11:00 - 11:30am
3:30 - 4:00pm

Minnow

4:00-4:30pm

Cost

8 Lessons:

\$39 YMCA Members
\$79 Program Participants

5 Lessons:

\$25 YMCA Members
\$50 Program Participants

All Swim Lessons Are Held At:

El Camino High School
4300 El Camino Avenue
Sacramento, CA 95821

AUGUST

Monday - Thursday (8 Lessons) :
July 26 - Aug. 5 • Aug. 9 - Aug. 19

Pike

10:00 - 10:30am
11:00 - 11:30am
3:00 - 3:30pm
4:30 - 5:00pm

Eel

10:30 - 11:00am
3:30 - 4:00pm

Ray

11:30 - 12:00pm

Polliwog

10:00 - 10:30am
10:30 - 11:00am
11:30 - 12:00pm
3:00 - 3:30pm
4:00 - 4:30pm
4:30 - 5:00pm

Guppy

11:00 - 11:30am
3:30 - 4:00pm

Minnow

4:00-4:30pm

SATURDAY'S

Saturdays (4 Lessons):

Session 1: June 19, 26, July 10 & 17
Session 2: July 24, 31, August 7 & 14

Parent & Child

11:00 - 11:30

Pike

9:30 - 10:00am
10:00 - 10:30am

Eel

10:30 - 11:00am

Polliwog

9:30 - 10:00am
10:30 - 11:00am
11:30 - 12:00pm

Guppy

10:00 - 10:30am

Jr. High

9:00 - 9:30am

Adult

9:00 - 9:30am

Cost

\$21 YMCA Members
\$40 Program Participants